LOWNEY'S

COOK BOOK

Illustrated

REVISED
EDITION

Scours

1 Tablespoon Ginger
1 " " Soda
1 Teaspoon Cinnimon
1 Cup Browned Flour

Give one Tablespoon
Mixed with Honey or
Syrup

1 cup Bread crumbs
2 eggs beaten slightly
2/3 cups Milk
1 can salmon flaked
1 teaspoon lemon juice
1/2 " Salt
Dash pepper
2 tablespoons finely chopped onion
1 tablespoon Butter

Mrs Jennie Heyneman

Green Peppers

1 cup vinegar
1 cup water
1½ tablespoon Salt
1½ " sugar

Heat and then Cool
before putting over
pepper in jars

LOWNEY'S

COOK BOOK

ILLUSTRATED IN COLORS

A NEW GUIDE FOR THE HOUSEKEEPER, ESPECIALLY INTENDED AS A FULL RECORD OF DELICIOUS DISHES SUFFICIENT FOR ANY WELL-TO-DO FAMILY, CLEAR ENOUGH FOR THE BEGINNER, AND COMPLETE ENOUGH FOR AMBITIOUS PROVIDERS

PREPARED AND REVISED BY

ONE OF THE MOST EXPERIENCED AND SUCCESSFUL TEACHERS OF COOKING IN THE COUNTRY, AS THE LATEST FRUITS OF PRACTICAL AND SCIENTIFIC KNOWLEDGE OF THE ART

MARIA WILLETT HOWARD

REVISED EDITION

PUBLISHED BY
THE WALTER M. LOWNEY CO.
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1912

Salad

7 tablespoons Sugar
2 " Flour
1 teaspoon prepared Mustard
juice 1 lemon
juice of 1 can pineapple
Cook till thick 1 tablespoon Butter
Cool
add
pineapple chunks
package marshmellow
3 bananas

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BOSTON.

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Norwood, Mass., U.S.A.

PREFACE TO REVISED EDITION

WE are giving the public in this new edition eighteen admirable colored plates on three inserts which show the two most common methods of cutting beef, a chapter on economical dishes, one on Southern or Creole dishes, and about fifty new receipts, in addition to the same superfine cook book that has been received with so much favor.

It is our aim to improve the book in every way and keep it abreast of the times. No one — not even the United States government — has ever attempted such expensive illustrations of cuts of meat, and we believe they will be appreciated by every one who has occasion to order provisions.

The price of the book remains the same, and we are glad to furnish a greatly improved cook book of increased cost as our recognition of the friendly attitude of the great public toward our goods.

THE WALTER M. LOWNEY CO.

BOSTON.

INTRODUCTION

We present this cook book with confidence that it brings up to date the modern possibilities of the table. It is prepared by a woman who has devoted her life to scientific and artistic cooking, and who has recently been honored by appointment to full charge of the culinary department of one of the most advanced colleges for self-supporting women in the country. She speaks with knowledge and authority.

We hope the book will contribute something to the fine art of living in many homes, making those homes the happier and more attractive for the husband and children, and solving many a problem for brides and beginners.

Thousands of our most valued customers cannot afford to prepare many of these dishes very often for their tables. But there are special occasions when we all feel that we can have the best for ourselves and our guests. This book will stand the strain of such occasions.

There are hundreds of simple dishes here for all tastes, suitable for all pocket-books. With this book as a guide, it will be possible for any woman to live within her means and still have that infinite variety on the table which means so much for appetite and health, which we all wish for and which we wish for you all.

THE WALTER M. LOWNEY CO.

Boston.

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PART I

VALUE OF FOOD TO THE BODY.
METHODS OF COOKING.
JUST HOW.
CARVING.
MARKETING.
DINNERS AND LUNCHEONS.
BUTLER'S DUTIES.
GARNISHING.
WEIGHTS AND MEASURES.

PART I

VALUE OF FOOD TO THE BODY

"Food is that which when taken into the body tends either to build tissue or to yield energy."

The chief offices of food are to build the material of the body, to repair the waste which is continually going on and to yield heat to keep the body warm.

Foods may be divided into tissue-building foods and fuel foods.

The tissue-building foods are such foods as milk, eggs, cheese, wheat, meat and the legumes. The fuel foods are sugars and starches and fats and oils.

In order to keep the body in a good condition a combination of the tissue-building foods and the fuel foods is necessary, with a supply of water to dissolve them. About 125 grams of tissue-building foods and 550 grams of the fuel foods is the amount required daily. A mixed diet, therefore, is the ideal diet for the healthy adult.

The changing of the tissues and the assimilation of food are very rapid in childhood and youth, so that the system demands at that time an abundant supply of such foods as meat, milk and eggs. When middle age is reached, the amount of such food should be decreased. Otherwise the tax on the organs which take care of the wastes will be so great that disease will follow.

Thus it is clear that people of different ages require different combinations and amounts of food. The kinds of food required to nourish the healthy body vary also with the sex, occupation and climate, as well as with the

age and peculiarities of the individual. In order to judge of the relative value of food to the body it is necessary to find out what percentage of each nutritive constituent the food contains, how much energy it is capable of yielding, how much of the food eaten is digested, how much is absorbed, and whether the nutritive constituents are obtained at a reasonable cost.

Farmers' Bulletin No. 23, published by the United States Department of Agriculture, will be found interesting to those caring to study foods from the above standpoints.

Mr. W. O. Atwater, Ph.D., writes in Farmers' Bulletin No. 142, on "Food and Food Economy," the following table: —

NUTRITIVE INGREDIENTS (OR NUTRIENTS) OF FOOD

Food as purchased contains:

- *Edible portion* . . . . . (*e.g.*, flesh of meat, yolk and white of eggs, wheat, flour, etc.)
  - Water
  - Nutrients
    - Protein
    - Fats
    - Carbohydrates
    - Mineral matters
- *Refuse.* (*e.g.*, bones, entrails, shell, bran, cellulose, etc.)

USES OF NUTRIENTS IN THE BODY

Protein . . . . . (*e.g.*, white (albumen) of eggs, curd (casein) of milk, lean meat, gluten of wheat, etc.)	Forms tissue	All serve as fuel to yield energy in the forms of heat and muscular power.
Fats . . . . . (*e.g.*, fat of meat, butter, olive oil, oils of corn, wheat, etc.)	Are stored as fat	
Carbohydrates . . . . . (*e.g.*, sugar, starch, etc.)	Transformed into fat	
Mineral Matters (ash) . . . . . (*e.g.*, phosphates of lime, potash, soda, etc.)	Share in forming bone, assist in digestion, etc.	

Thus foods have different functions. The proteid or nitrogenous foods build up and repair the tissues; mineral matter and water are also necessary for this purpose. The tissues of the body cannot be kept in a healthy state unless *these* constituents of food are taken into the system regularly; only the proteid foods can repair the waste of the living tissue. The proteid foods, together with the fats and carbohydrates, may supply both power and heat for the body, but the special functions of the carbohydrates and fats are to keep the body warm and to supply energy.

The amount of proteid food required for a healthy adult is very difficult to determine. It is safe to state that too much proteid brings about undue strain upon the digestive apparatus, and that too little proteid reduces the working equipment of the body. The amount of fats and carbohydrates needed depend largely upon occupation and climate. The proteid foods are many, and contain the same chemical elements as the bodies which they are destined to feed; also they seem to be more completely taken care of in the body than the carbohydrate foods. Milk, cheese, eggs, meat, and fish are proteid foods. Of these milk is regarded as a typical food, as it contains all the nutritive constituents required by the body, — proteid, carbohydrates, fats, mineral matter, and water, — but it does not contain these constituents in the correct proportion. It is too rich in proteid and fat and too poor in carbohydrate to be a perfect food. It is a perfect food for the infant, because an excess of proteid and of fat is needed for the growth of the child. For the healthy man about eight pints daily would be required for complete nutrition. This, it is apparent, would be a very bulky food, and the system would be burdened with too large a proportion of water. Milk, on the other hand, is the cheapest source of proteid. It is claimed that one quart of good milk is

equivalent in proteid to a pound of beefsteak, and that when combined with the correct proportion of carbohydrate food it possesses great nutritive and economic value. All of the proteid foods are deficient in starch, so must be combined with carbohydrates to properly nourish the body.

According to Mr. Atwater the proteid foods are more completely digested than the carbohydrates. This is probably because there is found in all carbohydrate foods a large proportion of cellulose or indigestible material enveloping the starch and sugar. The nutritive value of the carbohydrate foods is large if the starch and sugar, of which they are composed, can be separated from the cellulose. The normal diet is one which contains proteid foods, carbohydrate foods, fatty foods, with the correct proportion of mineral matter and sufficient water to moisten them.

The proper diet depends largely upon the occupation. People of sedentary habits and brain workers need more digestible food than the day laborer—therefore, the necessity of mixed diets; but diets should be varied as well as mixed, and the true housekeeper in planning meals thinks what was served at the preceding meal.

The cheapest diet is that which yields the largest amount of nutriment for the least expenditure of money. The most economical diet is that which is cheapest and at the same time best adapted to the needs of the user. The most expensive diet is not necessarily the most nutritious.

Every good housekeeper should know approximately the composition of the various foodstuffs, and so be able to make proper combinations of foods and substitutions when necessary. Hunger and thirst are provided by nature as guides in the choice of food, and if the bodily conditions are normal, these, as a rule, are safe guides to follow.

The nutritive value of many foods depends upon how they are cooked. Many raw foods are indigestible, but these same foods cooked are nutritious. The importance of proper cooking cannot be overestimated. Cooking changes the food so that the digestive juices can take care of it; cooking improves the flavor and the appearance, thus making the food more appetizing; and cooking kills disease germs, parasites, and other dangerous organisms.

Proper cooking and dainty serving make even cheap foods more palatable. This stimulates the digestive juices; hence food should be made appetizing in order to obtain the greatest nutritive value from it.

METHODS OF COOKING

Boiling

Boiling point is the temperature at which a fluid is converted into vapor, with the phenomenon of ebullition. The boiling point of water is 212 degrees Fahrenheit. In cooking, the term *boiling* means the cooking of food in a boiling liquid, and water is the liquid generally used. Rapidly boiling water is no hotter than when the agitation is less, but in some cases, as in the boiling of rice, violently boiling water is recommended for the purpose of keeping the grains of rice separated. The boiling point of water once reached can be held with a moderate amount of heat.

Food is generally boiled by putting immediately into boiling water. This sears the surface, and keeps in the juices; but if the water is to be used for soups, gravies, and so forth, the food is put into cold water and brought slowly to the boiling point. Salt is added to the boiling water ordinarily when cooking food, as it tends to keep the flavor in the food.

Roasting

Roasting, truly speaking, is cooking food before an open fire, so that roasting is seldom accomplished in modern kitchens.

Baking

Baking is cooking food by dry heat in an inclosed oven. The oven should be very hot when the food is first put in, then the heat reduced.

In baking meats, basting frequently with hot fat will drive the heat to the center and make the meat juicy.

Stewing

Stewing is cooking food in water kept below the boiling point, and is similar to simmering.

Fricasseeing

Fricasseeing is a combination of sautéing and simmering. The food is first sautéd and then simmered until tender.

Steaming

Moist steaming is accomplished by placing the food in a perforated dish over a kettle of boiling water and cooking until tender.

Dry steaming is accomplished by placing the food in the top of a double boiler and keeping the water boiling in the lower part until the food is cooked.

Simmering

Simmering is cooking in water at 185 degrees Fahrenheit or 27 degrees below the point of boiling. This method of cooking is employed where long, slow cooking is desired, as in making stews, soups and so forth; also for cooking tough cuts of meat.

As a rule, in both boiling and simmering, the kettle should be tightly covered.

Braising

Braising is a form of cooking generally adopted for cooking tough meats. The food to be braised is placed in a kettle with a few slices of salt pork, some vegetables, seasonings and a small amount of liquid, either water or stock. The kettle is then covered closely and the food cooked until tender. Braising is a long, slow process.

Frying

Frying is cooking food in hot fat, deep enough to cover the food. Lard, olive oil, cottolene or drippings may be used. The fat should be heated hot enough to brown a piece of bread a golden brown in forty seconds for cooked food, and in sixty seconds for uncooked food. There are various theories about the digestibility of fried food. The latest seems to be that food properly fried and drained may not be very indigestible. To prepare fat for frying, fill frying kettle one half full, and heat gradually. Avoid frying too much at a time, as the temperature will be reduced and the food much more liable to absorb fat. Reheat fat after each frying. Drain the food on brown paper.

Sautéing

Sautéing is cooking food in a frying pan in a small amount of fat. Food is less digestible cooked in this way than fried food.

Broiling

Broiling is cooking the food on a greased broiler before hot coals or the gas flame. The broiler should be held

very near the flame at first to sear the surface of the food, and should be turned every ten seconds for the first minute of cooking, and afterwards occasionally.

Pan Broiling

Pan broiling is cooking the food in a hissing-hot frying pan without fat. It is employed where it is impossible to broil, and may be better accomplished where two frying pans are used, and the food turned from one to the other every ten seconds for the first minute and afterwards occasionally, as in broiling.

JUST HOW

How to Crumb, Egg and Crumb

For crumbing, dried bread crumbs which have been pounded or rolled until fine and then sifted are best. The bread may be broken in pieces and dried in the oven or merely allowed to stand in the open air until dried.

To prepare the egg, break into soup plate, beat until yolk and white are well blended, season with salt and pepper, dilute with two tablespoons cold water and use for dipping.

Food to be fried should be dried as much as possible, then dipped in crumbs, then placed in the egg, and thoroughly covered with the egg, then drained and dipped again in crumbs.

It is an economy of time to crumb all of the pieces to be fried, then egg all, and when drained, to crumb all. This may be done in the morning and the food fried when wanted. In this case, allow the prepared food to stand in kitchen fifteen or twenty minutes before frying. When fried always drain on brown paper.

How to bone Meat, Fish, Birds

Legs and loins of lamb and mutton are the meats ordinarily boned. The butcher will do it; but if it must be done at home, wipe the meat, and with a sharp knife scrape the meat from the bone, being careful not to cut through the skin. Fish to be boned generally have the heads cut off; then remove the flesh from one side of the backbone, and then from the other.

To bone birds, chickens, or turkeys, select undrawn birds, with head and feet left on. Remove pin feathers and singe. Draw tendons from legs by making an incision just below the knee joint, and with a strong skewer draw the tendons out one at a time. Loosen the skin near the feet and cut off feet. Make an incision through the skin from the neck to the tail, the entire length of the backbone. Scrape the flesh from the bones until the shoulder blade is found, then continue scraping around the wing joint. Scrape down the backbone to the thigh, then around the second joint and leg, cutting tendinous portion when necessary. When one side of backbone is boned, bone the other, then remove flesh from breastbone, on either side of bird. When flesh is all separated from bone, discard carcass, wipe flesh and skin, and arrange in original shape. The birds may be seasoned and broiled; or stuffed, sewed into shape and steamed. Small birds are generally prepared the former way, and large birds the latter way.

How to clarify Fat

When through frying, add a pared potato, cut in slices, to the fat, and let stand on back of range until potato has browned. Remove potato and strain fat through a cheese cloth. Fat clarified in this way may be used indefinitely.

How to clarify Melted Butter

Let melted butter stand in a dish on back of the range until the salt has settled, then pour off butter, leaving sediment in the bottom of the dish.

How to avoid the Burning of Fat

When fat is put on the range to heat for frying, put in a cube of bread. If the fat is forgotten, the bread will burn first, and the odor of the burned crumb will attract the attention. The burned flavor cannot be removed from burned fat.

How to try out Suet

Cut the suet in small pieces, place in top of double boiler, cover, and cook over hot water until all the fat is tried out; strain through a cheese cloth. This can be done in the oven if the top of the range is crowded.

How to Lard

Larding is accomplished by cutting strips of salt pork lengthwise with the rind two inches long and one quarter inch wide, and with aid of the larding needle drawing these pieces through the surface of the meat, taking a stitch an inch long and a quarter inch deep.

How to test Fat for Frying

Heat the fat. When a blue smoke begins to appear, drop in a cube of bread; if the bread browns a golden brown in forty seconds, the fat is hot enough for any food which has previously been cooked. Uncooked food requires a longer, slower frying; the cube of bread should brown in sixty seconds for such food.

Food cooked in fat tested in this way should never soak fat if one is careful to put a small enough quantity of food in at a time — not enough to cool the fat.

How to make Croquettes

For meat croquettes, cold cooked meat should be freed from skin and gristle, and cut quite fine, then mixed with a thick sauce to as soft a consistency as it is possible to handle. Chill before shaping. For vegetable croquettes the vegetables should be boiled, then mashed and seasoned. Chill before shaping.

To Shape. — Allow one rounding tablespoon of croquette mixture for each croquette, roll into a round ball, roll ball in crumbs, then shape either like a cylinder or pyramid; when all are perfect and uniform, dip in egg, then in crumbs.

How to prepare Sweetbreads

Soak in cold water from the time they come from the market until used. Drain, cover with two cups cold water, add four cloves, one and a half teaspoons salt, two tablespoons vinegar or lemon juice, and a slice of onion; simmer for one half hour, drain, cover with cold water, remove tubes and membranes. Broil whole; or if for larding, dip in egg, wrap in cheese cloth, and press under weight over night.

How to care for the Refrigerator

Select a large refrigerator, of simple construction and of hardwood, — the lining of zinc or marble and the shelves of slate or hardwood.

To keep the refrigerator clean, remove instantly any food spilled in any of the compartments. Wash the ice compartment and food chambers at least once a week with hot soapsuds, and for economy's sake do this when the ice is low. Pour boiling water down the waste pipe. Sal soda dissolved in the water tends to keep every part sweet and clean.

Shelves and all portable parts, when washed and scalded, should be placed in the sun to dry; if this is impossible, dry before a fire.

Keep a good supply of ice in the ice chamber; it is cheaper in the end.

Never keep the doors or covers of the refrigerator open unnecessarily long; it wastes the ice.

A good refrigerator properly cared for should last at least twenty-five years.

How to Caramelize

Place sugar in clean agate-ware frying pan, and stir continually until the sugar becomes a golden brown sirup.

How to Poach

Place food to be poached in frying pan half filled with boiling salted water. Cook below the boiling point from three to eight minutes.

How to cream Butter

Place butter in bowl, and mash against the sides of the bowl, with a spoon, until of a creamy consistency.

How to cut and Fold

Pour mixture into bowl, and cut through and through mixture with a spoon, then take up some of mixture in spoon, and turn spoon completely over, and fold under mixture. Continue this process until mixture is blended.

How to crease Frosting

When frosting is nearly cold, cut with a silver knife, wiping knife after making each crease.

CARVING

To master the art of carving one must understand the anatomy of the meat to be carved.

The carver should insist upon having a sharp knife, a large platter, and sufficient space to move his arms.

Whole Fish

The carving of fish is extremely simple. Run the knife the whole length of the back, then cut from the back to the middle of the fish; the flesh may then be separated from the bone. When one side is served, turn the fish over and carve the other side in the same way.

The center of the fish is considered the best, as it is the fattest portion. The meat around the head and neck is decidedly gelatinous.

Medium-sized fish, like mackerel, salmon, trout, and so forth, are cut through the bone, thus giving a piece of fish on either side of the backbone for each serving.

Small fish are generally served so as to make four fillets, — two fillets on either side of the backbone.

Beef

For carving roast beef, a long, broad-bladed knife is required. Always cut across the grain of the meat; never with the grain.

The joint of beef known as the Porterhouse roast or sirloin roast consists of the sirloin, the tenderloin, and the flank. The flank is tough, and if roasted with the meat, is generally used for some made dish, such as croquettes, or hashed meat on toast; it is seldom carved at the table.

The *tenderloin* and *sirloin* must be carved across the grain. Cut thin slices parallel to the ribs or at right angles with the backbone, then cut close to the backbone,

thus separating the slices. Rib roasts are carved in the same way as the sirloin.

Rolled ribs and round of beef are carved in round slices as thin as possible, each slice having considerable fat mixed with the lean.

Beefsteaks are carved across the grain.

Sirloin Steak. — Cut slices at right angles to the vertebræ in both the sirloin and the tenderloin, then separate.

Lamb and Mutton

A leg of mutton is considered by many the most difficult piece of meat to carve. If the hip bone is removed, the carving of this joint is simple, but it is usually left in. Place the leg on the platter, with the skin side next the platter. Carve from the hip bone across the leg; these will be the largest slices, as they come from the part of the joint which has the most meat. The portions near the knuckle are to be carved in the same way; they will not be so rare as the thicker slices. Chops may be cut from the upper part of the leg.

Fore Quarter of Mutton or Lamb. — Remove the fore leg and the shoulder, then separate the rib chops. Every part of the fore quarter of lamb is sweet and tender, but the neck in the fore quarter of mutton should be used only for stewing. In carving the shoulder of either lamb or mutton, one must study the meat before cooking.

The Saddle of Mutton. — There are several ways of carving this joint. The fat, tenderloin and kidney should all be removed in one piece.

The most popular way is to cut long slices parallel with the backbone, on the portion nearest the tail, and slices diagonally on the portion nearest the neck.

The Loin of Mutton. — Generally this joint is carved by merely separating the chops, but it may be carved in the same manner as the saddle of mutton.

Veal

Fillet of Veal. — This cut is carved like the round of beef.

Shoulder of Veal. — The shoulder is often boned and stuffed. In that case, cut through the meat from side to side. If the bone is left in, carve in the same manner as the shoulder of mutton.

Loin of Veal. — This cut is often stuffed, and the kidney is always cooked with the meat. Carve the same as the sirloin of beef, in large, thin slices.

Pork

Pork Spareribs. — Serve one rib to each person.

Loin of Pork. — Chops may be carved and served, or the roast may be carved exactly like the sirloin of beef.

Roast Ham. — Cut through the meat to the bone, using the portion nearest the knuckle first. Ham should be cut in very thin slices.

Tongue. — The small end of the tongue is inferior to the thicker portion. Cut slices crosswise of the tongue and serve a slice from both portions to each person.

Roast Pig. — Place the head of the pig at the right hand of the carver. Cut off the ears, then the head ; cut the head in halves. Cut the whole length of the backbone, dividing the creature in two pieces.

Cut off the leg of one half, then separate the shoulder from the body. Carve the ribs and loin at right angles with the backbone. Cut the other half in the same way. Young pig meat is very tender and the bones are soft, so that carving is an easy matter.

Poultry and Game

To carve Poultry. — Place the bird on the platter, with the head to the left and the side toward the carver. In-

sert the fork across the center of the breastbone. Remove the wing, then the leg, then the side bone between leg and body. Cut slices from the breast, running from breastbone to place from which wing was removed. Remove wishbone by cutting from end of breast to the left of the wing joint. Make an incision to the right of breastbone for removing stuffing.

Remove fork from breastbone and cut the leg in small portions. Serve a slice of light and a slice of dark meat to each person.

Serve one side of bird before carving the other side.

Broiled Chicken. — Cut through the breast and cut in halves at right angles with the top of leg. But if birds are small, serve one to each person.

To carve a Duck. — Cut off the wing and the leg the same as for poultry. Cut the breast meat parallel with the breastbone, beginning at the side between the wing joint and the thigh.

To carve a Goose. — Carve in the same manner as a roast duck, but cut the leg in several portions.

Grouse and Partridge. — These birds are carved like duck, although sometimes the breast is separated from the bone and one half breast is served to each person.

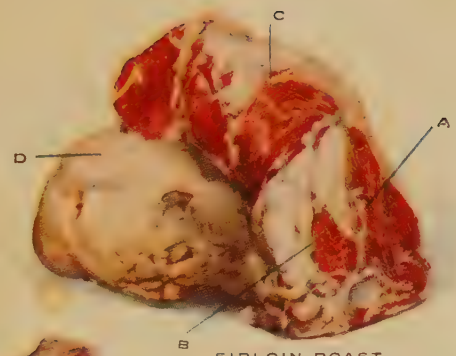
Pigeons, quails, and small birds are served whole and generally on toast.

MARKETING

The term *marketing* means to the ordinary housekeeper the buying of meats and vegetables only, but the buying of all articles necessary for housekeeping should be included under this head.

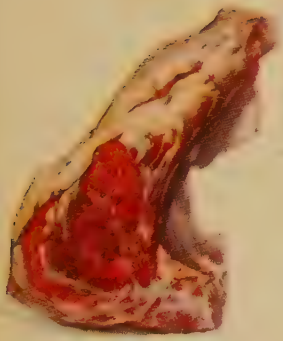
In order to market well the housekeeper must know what articles to buy in quantity and when to buy to the best advantage.

PLATE B
BOSTON CUTS



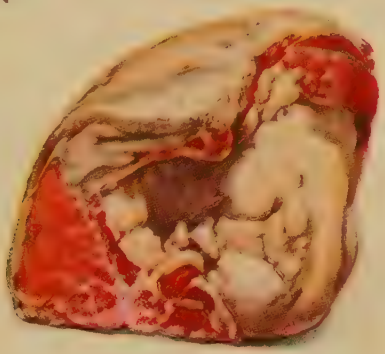
SIRLOIN ROAST

A SIRLOIN B TENDERLOIN
C FLANK D KIDNEY SUET



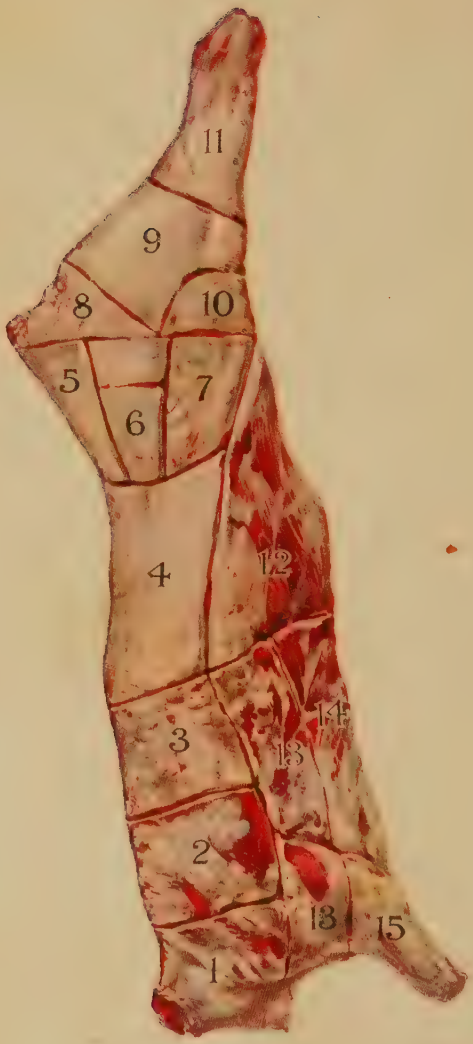
TIP OF SIRLOIN

RIB ROAST



MIDDLE CUT OF SIRLOIN

PLATE A
SIDE OF BEEF
BOSTON CUTS



1 NECK
2 CHUCK RIB
3 PRIME RIB
4 SIRLOIN
5 BACK OF RUMP
6 MIDDLE OF RUMP
7 FACE OF RUMP
8 AITCH BONE
9 ROUND
10 VEIN
11 HIND SHIN
12 FLANK
13 RATTLE RAND
14 BRISKET
15 FORE SHIN

It is much more economical proportionately to buy for a large family than for a small one.

Staple articles such as bread flour, rice, spices, and so forth, should be bought in large quantities. Vegetables which keep well, such as potatoes, squashes, turnips, and so forth, should be bought in the early fall to last until spring, provided there is a cool, dark place in which to keep them. Meats must necessarily be purchased as needed, unless one has a large refrigerator in which to hang them.

Fish, with the exception of salt or smoked kinds, should be bought only when absolutely fresh. Fruits such as apples and pears may be bought in large quantities, but perishable fruits in small amounts only.

Beef

The beef creature is first divided into halves the length of the backbone, then each half is separated into the fore quarter and the hind quarter.

In the fore quarter we have in Boston markets —

Parts	How Cooked
Brains	Stewed or Scalloped
Tongue	Boiled, Fresh or Corned
Neck	Stewed
Sticking Piece	Stewed or Baked
Five Chuck Ribs	Roasted or Broiled
Five Prime Ribs	Roasted
Fore Shin	Stewed
Rattle Rand, Brisket (Corned)	Boiled

In the hind quarter we have in Boston markets —

Parts	How Cooked
Sirloin	Roasted or Broiled
Rump	Roasted or Broiled
Round	Roasted or Broiled
Hind Shin	Stewed
Flank	Braised or Boiled
Tail	Stewed for Soups

Other parts of the beef creature used as food are —

Parts	How Cooked
Heart	Braised
Liver	Braised, Fried, Sautéd
Kidneys	Sautéd, Braised, Stewed
Tripe	Stewed, Broiled, Fried
Suet	Sautéd and used for Frying

A side of beef weighs on the average about 450 pounds.

Beef when first cut is dark purple, but turns red on exposure to the air. Good beef has a heavy layer of fat on the outside, which is yellowish white and crumbly; the inside fat is white. Best quality beef has a large percentage of fat and a small proportion of water.

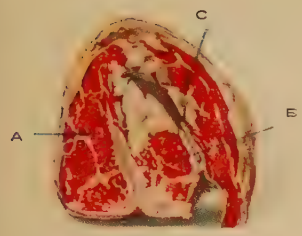
Description of Cuts of Beef

In the Boston markets, the part marked (4) in the side of beef in Plate A has three ribs left on and the whole piece is called the sirloin. It is divided by the butcher into the tip which has one muscle only, the middle and the first cut. The fillet or tenderloin of beef is found just under the first rib. It begins in a small point and increases in thickness as it runs back. It ends in an obtuse point at the hip bone. It is always covered with a thick bed of suet and the kidneys are embedded in this suet at the end near the ribs. Sirloin roasts are considered by many the best roasts. They are expensive cuts as they contain considerable bone, and in a large creature, a large amount of tough flank, but as they are tender, juicy and of good flavor they are popular pieces.

Porterhouse Steaks are sirloin steaks cut from the sirloin nearest the rump; they always have a large piece of tenderloin. They are generally a few cents per pound more than the sirloin without the tenderloin. Sirloin Steaks are cut from all parts of the loin.

The rump joins the sirloin as shown in Plate A. The

PLATE C
BOSTON CUTS



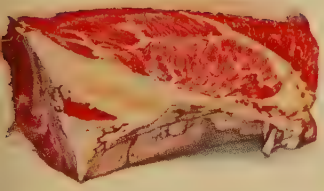
SIRLOIN OR PORTERHOUSE STEAK

A SIRLOIN B TENDERLOIN
C FLANK

AITCH BONE

ROUND OF BEEF

A TOP ROUND B BOTTOM ROUND
C VEIN D SHIN



BACK OF RUMP

FACE OF RUMP

MIDDLE CUT OF RUMP

PLATE D
SIDE OF BEEF
NEW YORK CUTS

1 NECK
2 CHUCK
3 RIB ROAST
4 LOIN
5 RUMP
6 ROUND
7 BOTTOM OF ROUND
8 HIND SHIN
9 FLANK
10 PLATE
11 NAVEL
12 CROSS RIBS
13 BRISKET
14 CLOD
15 FORE SHIN

back of the rump is the best piece for roasting as it contains no bone; it is more economical than the sirloin roasts, but as the flavor is different it is not so popular. The middle and face of the rump are both used for roasts, but are less juicy and tender than the back. Both of these pieces are often used for beef a là mode.

Rump Steaks are cut *with* the grain of the meat and *across* the grain; the former are tough and the latter are generally tender and juicy; they are cut from the part marked (5) in Plate A. In the cross cut rump steak there is a piece of tenderloin.

The aitch bone, number (8) in Plate A, contains a large proportion of bone; if a large roast is cut, a portion of the rump and a part of the round is included, so considering the price, which is as many cents per pound as there are pounds, it is not an expensive piece as it can be used for a roast one day and made into a stew the next.

The round of beef as shown in Plate C is divided into the top and the bottom. The top is used for steaks and roasts. The first few slices are quite tender. The third slice is the best for steak as it has only one muscle. The farther down the leg the steak is cut the tougher it becomes. The bottom of the round must necessarily be tough because of the large number of tendons. It may be easily distinguished from the top as it contains two muscles. It is used principally for making beef tea or Hamburg Steak.

The vein is used for roasting or braising. The meat is usually stringy but of very good flavor.

The hind shin is used only for stews or soup stock. The fore shin contains less meat but is sometimes used for the same purposes as the hind shin. The pieces marked 12, 13, 14 in Plate A are usually corned.

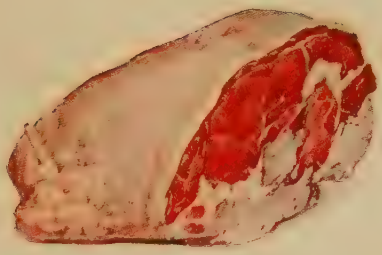
Number (3) in Plate A is the rib roast. It contains five ribs, the first three ribs being the best part of the piece.

Number (2) in Plate A is the chuck rib piece. This contains the shoulder blade and is consequently tough. It is best for stews or braising, although it may be used for roasting. The bones are frequently removed and the piece tied into a round roast, but at best it is tough although the flavor is good. The neck is used principally for soup stock, stews and beef tea.

If we consult Plate D representing the New York cuts of beef, we find that the part marked (3) is called the Rib Piece. The thirteen ribs are left in this piece. It takes in part of what is called Sirloin in the Boston markets. In New York the ribs are cut much longer than in Boston and the price per pound is less, but as this gives a tough portion of the flank, the cost, in reality, is just as great. The part marked (4) is the sirloin and is used both for roasts and steaks. When there is a large piece of tenderloin on the steak it is called a Porterhouse Steak, but when there is only a small piece of tenderloin it is called Short Steak or Delmonico Steak. From this cut nearest the rump we get the hip bone, the flat bone, and the round bone steaks. There are three round bone steaks, which are generally rather inferior. The flat bone steaks are also three in number and better than the round bone steaks. The hip bone steaks are the best of these three and contain a small piece of tenderloin. The rump (5) is divided into two pieces, one piece having the hip bone and the other the backbone. It is generally corned. The round furnishes meat for steaks, which are of excellent flavor, but not very tender. It also makes a good piece for braising. The bottom of the round is a much poorer cut, it contains so many muscles and tendons. It is tough and so only suitable for stock or beef tea.

The Cross Ribs, number (12), make a good roasting piece. It is economical as it is solid meat, and it is quite tender as

PLATE E
NEW YORK CUTS

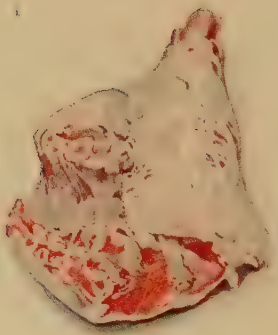


RUMP OF BEEF

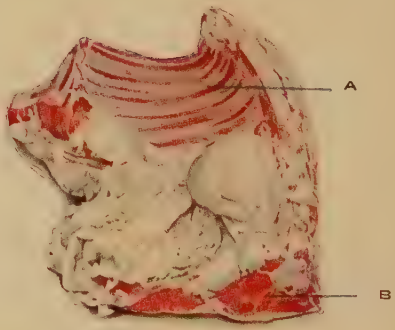
LOIN OF BEEF

PLATE F
BOSTON CUTS

SIDE OF LAMB

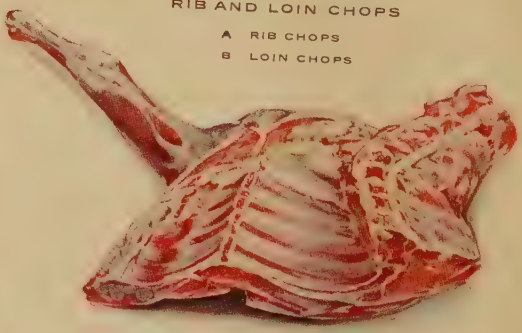


LEG OF LAMB



RIB AND LOIN CHOPS

A RIB CHOPS
B LOIN CHOPS



FOREQUARTER OF LAMB

the muscles all run in one direction. The Shoulder Clod, number (14), has tendons running in all directions; it is consequently tough. It is used for Hamburg Steak or for any dishes which require long slow cooking. Numbers 9, 10, 11 and 13 are used for corning and numbers 8 and 15 are used for soup stock.

Lamb and Mutton

Lamb and mutton are divided into halves, or "sides," by cutting the entire length of the backbone the same as beef.

The fore quarter is divided into the —

Parts	How Cooked
Shoulder	Boiled, Steamed, Roasted
Neck	Stewed, Braised

The hind quarter is divided into the —

Parts	How Cooked
Leg	Roasted, Braised, Boiled
Loin	Roasted, Broiled
Saddle	Roasted

The best lamb is from a creature eight to twelve weeks old. Lamb may always be distinguished from mutton by the inner redness of the bone. Mutton should have a large amount of white hard fat, and the flesh should be fine-grained and pink to red in color.

The strong mutton flavor may be lessened by removing the pink outer skin, and also by taking off the caul before cooking the leg.

Veal

Veal is cut similarly to lamb.

The fore quarter is divided into —

Parts	How Cooked
Head	Boiled
Breast	Stewed
Shoulder	Stewed or Roasted
Ribs	Stewed or Roasted
Neck	Stewed

The hind quarter is divided into —

Parts	How Cooked
Loin	Stewed, Sautéd, Roasted, Broiled
Leg	Stewed, Sautéd, Roasted

Other parts of the veal creature used as food —

Parts	How Cooked
Tongue	Boiled, Braised
Brains	Stewed, Scalloped
Heart	Baked, Braised
Liver	Broiled, Sautéd
Kidneys	Boiled, Stewed
Sweetbreads	Stewed, Sautéd, Fried

The best veal is from a calf six to twelve weeks old. The meat should be pinkish white, fine-grained, and tender, and there should be a large amount of fine white fat on the legs and around the kidneys.

Pork

Fresh pork is not so popular a meat as corned or salted, although fresh pork from a pig which has been carefully fed before killing is a delicate meat.

The upper part of the fore legs, or the shoulders, and the upper parts of the hind legs, or the hams, are salted and smoked. The sides of the pork creature are salted and smoked for bacon.

The fat is removed from the loin and ribs, and these are sold for roasts or chops ; the fat is pickled and used for salt pork.

The head is used for making souse and cheese.

The feet are sold fresh or pickled.

The brains, livers, and kidneys are also used the same as those of beef.

Poultry and Game

Poultry includes all domestic birds.

In buying poultry, select birds which have been freshly killed and hand-picked.

Pin feathers are found on young birds, and hairs on older birds. The birds should be short and plump, with considerable meat on the breast, fat, but not too fat.

Young birds have the cartilage at the end of the breast-bone soft and pliable.

For roasting, buy poultry from three months to a year old. For braising, stewing, and slower methods of cooking, buy older birds, as they contain a larger proportion of meat than the younger birds.

Game includes animals that are hunted in field or forest.

Venison is cut like mutton. The meat is much darker than beef meat, and the fat is whiter; it is cooked in the same ways as mutton.

Birds are sold with the feathers on, but have the market man remove them. All game is expensive, and so is a delicacy. In buying game, that which has hung three weeks or more is considered best.

DINNERS AND LUNCHEONS

The Formal Dinner

A formal dinner generally consists of ten courses, but may be eight or twelve. In order to have one harmonious whole, the different courses must blend well with each other. Avoid repetition; if oysters appear in the first course, they must not appear again. Observe these two points particularly in arranging the table: first, have the

table linen immaculate and without folds; and second, arrange the covers with mathematical exactness.

The table may be square, oblong, or round; it must be covered with a soft pad, and then with the tablecloth, which should hang over the sides of the table at least one quarter of a yard on every side.

The selection of guests for a formal dinner is extremely important, and the seating at the table so that all are congenial takes some time to plan. Name cards should be placed at each cover. Each gentleman should be given a card, on entering the dressing room, with the name of the lady whom he is to escort to the dining room, and the letters R or L, also on the card, indicating to the right or left of the hostess.

When dinner is announced, the host with the guest of honor leads the way to the dining room, followed by the other men with their ladies, and the hostess with the gentleman of honor brings up the rear. The guests all stand behind their chairs until the hostess makes a move to be seated; then the men push up the chairs for the ladies, each lady seating herself from the left of her chair.

The decoration of the table should be simple and low in design and in the center of the table. A small flower may also be placed at the right of each cover. Of course the colors of the flowers must harmonize with the china, but otherwise individual taste should be exercised.

The illumination of the table is most important. If candles are used, they must be so arranged as not to interfere with the guests, and the shades so placed that they will slip down as the candle burns. If candle light is insufficient, try if possible to have the lights come from the side rather than from above.

The Cover. — The place for each guest and the necessary plate, silver, glasses, knives, and napkin is called the cover.

Arrangement of Cover. — Allow twenty inches for every person. Place a ten-inch service plate, having decorations, right side up, in the center of this space, and one and one half inches from the edge of the table.

Arrange knives, edges toward plate, in the order in which they will be needed, beginning at the right. At the right of knives, place soup spoon, bowl up; at the right of soup spoon, the oyster fork, with tines up; the other forks, with tines up, at the left of the plate, in the order in which they will be needed, beginning with the extreme left.

If there are too many courses to admit of all the silver being put on at once, extra silver may be placed at each cover just before serving the course requiring it.

The glass for water should be placed just above the center of the plate, to the right, the wineglasses to the right of the water glass, in the order in which they are to be used. Place the napkins either to the left of the forks, or over service plate. They should be so folded as to hold a bread stick or dinner roll.

The name card is generally placed on top of the napkin or over the plate.

Serving the Formal Dinner. — The dinner may be served from the butler's pantry, having each course arranged on individual plates, and placed by the waitress, on the right side of the guest, with the right hand, and anything which is to be served with the course, passed on a tray to the left of the guest and low enough and sufficiently near to the guest, to be easily taken with the right hand. Served in this way, there is less interruption to conversation.

Or each dish may be so arranged on a platter or serving dish on a tray that the guest may easily serve himself. Served in this way, the waitress places plates before each guest before passing the courses.

At present the service plate is quite universally used;

that is, the space in front of the guest is always occupied with a plate. When the waitress removes the course plate with the left hand, she places another plate with the right hand. In this way of serving, the tray, if used at all, is only used when the food is passed, not for removing dishes.

Removal of Courses. — When every one has finished, the waitress removes one plate at a time, beginning with the hostess or with the guest at the right of the hostess.

Before the dessert, everything not needed for this course should be removed from the table; if there are crumbs, they should be carefully brushed with a napkin on to a plate or tray. After this is accomplished, place the dessert dishes from the right. While the dessert is being eaten, the finger bowl, filled one third full of tepid water, with a slice of lemon or a geranium leaf or a flower in it, set on a doily on a plate, may be placed in front of and above the dessert plate. When the dessert plate is removed, the finger bowl is moved into the space. If fruit follows the dessert, the guest removes the finger bowl and doily from the plate and uses that plate for the fruit.

If coffee is served in the dining room, the finger bowls are not placed until after the coffee, but coffee is usually served in the drawing room.

Order of Service. — The guests on the right of the host and hostess are served first in the first course, in the second course the guests on the left, in the third course the second guest on the right of the host and hostess, and so on in rotation, so that no guest is served twice first. Some hostesses insist upon being served first. If the different courses are passed rather than served from the butler's pantry, this may be a good plan, but otherwise there seems to be no reason for it.

MENU FOR A FORMAL DINNER

First Course

Oysters or Clams in Shells — Brown Bread Sandwiches

Second Course

Consommé — Croûtons

Third Course

Broiled Trout—Maître d'hôtel Butter
Cucumbers

Fourth Course

Croquettes or Sweetbreads

Fifth Course

Saddle of Mutton — Currant Jelly — Potatoes
Peas in Fontage Cups

Sixth Course

Punch

Seventh Course

Broiled Quail with Chestnut Purée — Tomato Salad

Eighth Course

Bombe Glacé — Sponge Cake

Ninth Course

Fruit and Bonbons

Tenth Course

Black Coffee

Salted almonds and bonbons to be on the table all the time.
Celery to be passed with oysters.
Radishes or olives to be passed with fish course.

When and How to serve Wines

Sauterne slightly cold with oysters.
Sherry slightly cold with soup.
Rhine Wine not very cold with fish.
Claret slightly cold with entrées.
Champagne very cold with poultry and meats.
Burgundy a little warm with game.
Burgundy and Champagne with salads.
Port Wine or Madeira temperature of wine cellar with desserts.
Cordials and brandies with coffee.

Courses

First Course. — Appetizers, cold hors-d'œuvres, eaten preliminary to the dinner, supposed to stimulate the flow of the digestive juices and create an appetite.

Second Course. — Oysters or Shellfish. Salt, pepper, cayenne, Tabasco sauce, and tiny brown-bread sandwiches are passed with this course.

Third Course. — A Clear Soup. Hors-d'œuvres, such as celery, olives, radishes, or pimolas are passed with this course.

Fourth Course. — Fish, boiled, fried, or baked; sometimes potatoes, and generally cucumbers or tomatoes dressed, are served.

Fifth Course. — Entrées.

Sixth Course. — The Meat Course, one vegetable besides the potato.

Seventh Course. — Frozen Punches or Cheese Dishes.

Eighth Course. — Game or Poultry and Salad.

Ninth Course. — Hot Desserts or Cold Desserts.

Tenth Course. — Frozen Desserts, Cakes, and Preserves may be passed with this course.

Eleventh Course. — Fruits.

Twelfth Course. — Coffee and Liqueurs.

The Informal Dinner

The hostess serves the soup, and the host the fish and the roast. Vegetables, sauces, and entrées are served from the side.

Either the host or hostess makes the salad, and the hostess serves the dessert and the coffee.

The cover is arranged the same as for the Formal Dinner.

The Formal Luncheon

The table may be covered or bare. If bare, use doilies for plates and glasses.

The arrangement of the cover is the same as for the Formal Dinner.

Lighter dishes are served for luncheon than for dinner; entrées take the place of the roast.

Soup or bouillon is served in cups. Fruit may be served for the first course instead of canapés.

The hostess sometimes serves the salad and the coffee, but it is better to have all serving from the side.

The Formal Breakfast

This really is the same as the Formal Luncheon except that men are invited with the ladies, and coffee is served throughout the meal.

The Informal Luncheon

Like the Informal Dinner except that the roasts are omitted.

When luncheon is announced, the first course may be on the table, and the dishes required for the remaining courses arranged on the side table.

Seldom more than three courses are served.

Tea, coffee, or cocoa are served throughout the meal.

BUTLER'S DUTIES

A butler is generally given full charge of the dining room, as well as of the other men servants.

He waits on the table at breakfast, usually alone ; but if the family is large or there are guests present, he may be assisted.

He directs the washing of dishes and the cleaning of the silver. He prepares the salad. He attends to the bell, to the fires, to the lighting of the house. He makes and serves afternoon tea and sets the table for dinner.

He announces all the meals, serves the dinner, does all the carving. If he is assisted, he serves the principal dishes, and the assistant serves the vegetables and sauces.

He is responsible for the safety of the silver, for the arrangement of the flowers and fruits, and for the proper serving of the wines. He has full charge of all refreshments served in the evening and is responsible for the locking of the house at night.

He alternates with the footman or waitress in answering the bell in the evening.

GARNISHINGS

It has been said that "what appeals to the eye generally appeals to the palate."

Use care and taste in serving; dainty service will make the simplest food most attractive.

Never allow any food which looks unsightly to be served. Toasted bread, burned on one side, may take away the appetite, but toasted a golden brown on both sides, with crusts cut off and then cut in strips and served in between the folds of a fresh doily, will appeal to the most fastidious.

Parsley is always used to garnish meats. Meats should be skewered into shapely pieces before being cooked, and served on dishes to display them well.

Steaks and chops should be trimmed before cooking, then broiled evenly on all sides — never burned.

Rib chops should be garnished with chop frills.

Slices of lemon, hard-cooked eggs cut in strips, chopped pickles, and parsley are used for garnishing fish.

Cold sweet dishes are garnished mostly with jellies cut in cubes, and candied fruits, red cherries, and angelica being the most popular.

Nuts and raisins are also used.

Ice creams are garnished with meringues and spun sugar.

Cakes are garnished with nuts and plain and fancy frostings put through a pastry bag and tube.

Whatever garnishing is used, avoid overdoing the matter; the simplest is always the most attractive.

WEIGHTS AND MEASURES

4 gills make	1 pint	1 measuring cup	= 2 gills
2 pints make	1 quart	4 measuring cups	= 1 quart
4 quarts make	1 gallon	2 measuring cups	= 1 pint

All measures in this book are level.

To measure a spoonful of dry material fill spoon and level off with a knife.

One half spoonful is measured by cutting one spoonful through lengthwise.

Table of Measures

3 teaspoons = 1 tablespoon
4 tablespoons = ¼ cup
2 tablespoons butter = 1 ounce
1 cup solid butter = ½ pound
2 cups flour = ½ pound
9 large eggs = 1 pound

Table of Proportions

1 cup liquid to 3 cups flour for bread
1 cup liquid to 2 cups flour for muffins
1 cup liquid to 1 cup flour for batters
1 teaspoon soda to 1 pint sour milk
1 teaspoon soda to 1 cup molasses
¼ teaspoon salt to 4 cups custard
2 teaspoons salt to 4 cups water
¼ teaspoon salt to 1 cup white sauce
⅛ teaspoon pepper to 1 cup white sauce.

PART II

RECEIPTS

PART II

CHAPTER I

FIRST-COURSE DISHES

Canapés

Canapés are made from white, graham, and brown bread, sliced very thin and cut in various shapes. They may be dipped in melted butter, toasted or fried. The slices may be covered with any of the following mixtures. Served hot or cold.

Anchovy Canapés

Cut bread in slices one quarter inch thick, cut in circles, dip in melted butter, sprinkle with salt and cayenne, spread with anchovy paste, and sprinkle with a few drops of lemon juice.

Caviare Canapés

Cut bread in quarter-inch slices, cut slices four inches long and two inches wide. Fry in deep fat, or toast. Spread toast with caviare paste, sprinkle with a few drops of lemon juice and paprika. Garnish with finely chopped green or red pepper.

Cheese Canapés

Cut bread in quarter-inch slices, spread lightly with French mustard, sprinkle with grated cheese and finely chopped olives. Or brown in oven before sprinkling with olives.

Crab Canapés

Cut bread in slices one quarter inch thick, three inches long, and one inch and a half wide. Spread with butter and brown in oven. Mix one cup chopped crab meat, one tablespoon lemon juice, two drops Tabasco, one half teaspoon salt, a few drops of onion juice, and two tablespoons olive oil. Mark the bread diagonally in four sections and spread them alternately with melted cheese and crab mixture. Separate sections with finely chopped pimento.

Bacon Canapés

Cut bread in triangles one fourth inch thick, sauté in bacon fat. Spread with French mustard, cover with cooked bacon finely chopped, and sprinkle with finely chopped pimolas.

Ham Canapés

Cut bread in slices one quarter inch thick, then in circles. Sauté in butter. Spread with finely chopped ham mixed to a paste with creamed butter and seasoned highly. Sprinkle with finely chopped, hard-cooked eggs.

Lobster Canapés

Cut bread in one-fourth-inch slices; shape with doughnut cutter. Cream two tablespoons butter, add one cup finely chopped lobster meat, one teaspoon mustard, few drops Worcestershire sauce, few grains cayenne, and six olives finely chopped. Sauté bread in butter and spread with above mixture.

Salmon Canapés

Shape bread, cut one fourth inch thick, with a cooky cutter. Spread with butter and brown in the oven. Arrange around the outer edge of the circle finely chopped

truffles. Next finely chopped white of egg. Next yolk of egg which has been pressed through a sieve. Then finely flaked salmon. Garnish salmon with a small sprig of parsley.

Just before serving pour over a few drops of olive oil or place a teaspoonful of mayonnaise on the salmon.

Sardine Canapés

Cut brown bread in circles, spread with butter, and heat in the oven. Pound sardines to a paste, add an equal amount of finely chopped, hard-cooked eggs, season with lemon juice and Worcestershire sauce. Spread on brown bread. Garnish each canapé in the center with a circle of hard-cooked white of egg capped with a teaspoonful hard-cooked yolk.

Tomato and Cucumber Canapés

Fry circles of bread in deep fat. Fry slices of tomato in deep fat. Place one slice of tomato on each circle of bread. Sprinkle with salt and pepper. Garnish each slice with one slice of cucumber and hard-cooked white of egg cut in shape of petal, to represent a daisy.

Nut and Olive Canapés

Cut bread in crescents. Fry in deep fat. Mix equal quantities of chopped nuts and olives, with enough mayonnaise dressing to spread. Spread on fried bread, and garnish with small diamonds of pimentoes.

Tongue Canapés

Toast triangles of graham bread, spread with butter. Cut slices of cooked tongue in small pieces, mix with creamed butter to a paste, add two tablespoons capers to each half cup of tongue. Spread on bread. Sprinkle with salt and cayenne, and garnish with chopped water cress.

Clam Cocktail

1 pint small clams
2 tablespoons Worcestershire Sauce
2 tablespoons vinegar
3 tablespoons lemon juice
1 tablespoon tomato catsup
1 tablespoon horse-radish
1 teaspoon salt
few grains cayenne
few drops Tabasco

Place clams in shallow dish after removing the black parts. Mix other ingredients. Pour over clams, and let stand for several hours. Serve ice cold in small glasses, as a first course.

The clams may be mixed with the sauce and served in halves of grape fruit, in lemon shells, or tomato cups. Set on a bed of ice.

Oyster Cocktail

Follow receipt for Clam Cocktail, using one pint small oysters drained from their liquor in place of clams.

Shrimp Cocktail

Substitute one pint shrimps for clams, and proceed as for Clam Cocktail.

Lobster Cocktail

meat from 2-pound lobster
2 tablespoons sherry wine
2 tablespoons tomato catsup
1 tablespoon horse-radish
1 teaspoon salt
few grains cayenne
1 tablespoon chopped olives
1 tablespoon lemon juice

Cut lobster meat in small pieces and place in shallow dish. Mix other ingredients. Pour over lobster meat and let stand one hour. Serve ice cold in cocktail glasses; just before sending to table sprinkle with powdered lobster coral.

Oysters on Half Shell

30 oysters in the shell
6 teaspoons grated horse-radish
¼ teaspoon salt
cayenne
3 lemons cut in halves
6 teaspoons vinegar
1 tablespoon tomato catsup
paprika
parsley

Open oysters; loosen. Serve in shell on bed of ice, having the small ends of the shell point toward the center of the dish. Wash lemons, cut in halves, remove seeds, and serve one half in the center of each plate. Garnish with parsley. Mix horseradish, salt, vinegar, and tomato catsup, seasoned with paprika and cayenne. Serve in small glass dish and pass to each person.

Clams on Half Shell

Follow receipt for Oysters on Half Shell, substituting clams.

CHAPTER II

SOUPS

SOUP ACCESSORIES

Browned Crackers

8 crackers	butter
salt	cayenne

Spread crackers with butter, sprinkle with salt and cayenne, and brown in oven.

Cheese Crackers

8 crackers	grated cheese
salt, cayenne	butter

Spread crackers thinly with butter, sprinkle with salt and cayenne, and cover with grated cheese. Cook in oven until cheese is melted.

Crisps

4 slices of bread	butter
salt	cayenne

Spread bread with butter or dip in melted butter. Sprinkle with seasonings. Remove crusts and cut in long narrow strips. Brown in slow oven.

Rings may be cut from the prepared bread and browned in the oven. Three of the narrow strips may be inserted in each ring.

Croûtons

Cut bread one fourth inch in thickness, remove crust. Cut slices in strips, and strips in cubes. Dip in melted butter, brown in the oven or fry in deep fat.

SOUP GARNISHINGS

Cheese Balls

¼ cup butter
⅔ cup flour
½ cup water
¼ teaspoon salt
cayenne and paprika
3 eggs
¼ cup grated cheese

Melt butter, add water, and cook two minutes; add seasonings and flour, boil until mixture forms in a mass in center of pan. Cool slightly, add eggs unbeaten, one at a time, add cheese, drop from teaspoon into hot fat, drain, and serve immediately.

Egg Balls

4 hard-cooked eggs
1 raw egg yolk
flour
salt and cayenne
1 white of egg
or
sifted cracker crumbs

Mash yolks of eggs, add seasonings, and enough yolk of egg to form a paste. Shape into balls the size of a walnut, dip in slightly beaten white of egg, dip in flour or cracker crumbs, and fry in deep fat. Drain and serve with soup.

Rice Balls

1 cup cold cooked rice
2 tablespoons flour
salt, cayenne, nutmeg
1 teaspoon grated lemon rind
1 teaspoon chopped parsley
1 egg

Press rice through sieve, add flour, egg and seasonings. Roll in balls, allowing a teaspoon for each ball. Cook in boiling salted water until they harden on the outside. Serve hot with soup.

Marrow Balls

4 tablespoons marrow
1 egg
salt, cayenne, nutmeg
soft bread crumbs

Cook marrow in frying pan, strain, beat, add egg, seasonings, and enough bread crumbs to make of a consistency to shape. Form in small balls and poach in hot water.

Fritter Beans

2 eggs
1 teaspoon butter
1 teaspoon lard
4 tablespoons milk
4 tablespoons grated cheese
salt, pepper, cayenne

Melt butter and lard, add milk; when boiling, add flour and seasonings; cook two minutes, stirring constantly; add cheese and eggs, cool, drop from teaspoon into hot fat, drain, and serve with soups.

Noodles

flour
½ teaspoon salt
1 egg
cayenne
slight grating of nutmeg

Beat egg. Add seasonings and enough flour to make a stiff dough. Work on floured board until smooth and elastic. Cut a small portion and roll thin as a wafer. Cut in fancy shapes and cook in boiling salted water or soup stock twenty minutes. Serve hot in soups.

This paste may be spread on the bottom of inverted dripping pans and baked in a quick oven. Crease before removing from pan.

Noodle Balls

Use Noodle Mixture, allowing less flour, shape into round marbles, and cook in boiling salted water twenty to thirty minutes. Serve hot in soups.

Vegetable Cubes

2 egg yolks
½ cup beef stock
1 whole egg
½ cup mashed peas
salt, pepper, cayenne
nutmeg

Mix yolks of egg, whole egg, peas and seasonings, add hot stock. Pour into buttered tin to the depth of one inch, set into hot water, and bake in slow oven until mixture is firm. Cool, cut in cubes, and serve in soups.

Chicken Quenelles

½ pound chicken
2 tablespoons butter
cayenne
2 tablespoons bread crumbs
salt and nutmeg
milk
1 egg

Chop chicken and press through a sieve. Soak bread in milk, press through sieve, add melted butter, egg slightly beaten, chicken, seasonings, and milk to make of the consistency to shape. Shape between two spoons, and poach in boiling salted water.

Fish Quenelles

1 cup fish
1 egg white
salt, pepper, cayenne
⅓ cup cream

Chop fish and press through a sieve. Add unbeaten white of egg and cream beaten until stiff; add seasonings, and poach in boiling water.

This mixture may be rolled in balls or shaped in teaspoons.

SOUPS

Brown soup stock is made from beef and vegetables, or from beef, veal and fowl, and vegetables.

Veal with onion and celery and seasonings makes white stock; or veal and chicken together, with celery, onions, and seasonings, are used for white stock.

Cream soups are generally made without stock, milk or cream being the liquid used, the foundation made from fish or vegetables.

Chicken Stock is made from fowl, resembles white stock, but not quite so rich.

The meats used for soups are the poorer parts of the creature — the shin, the round, the neck of beef, the knuckle of veal, and the whole bird of fowls.

A bouquet of sweet herbs is used for seasoning soups;

it is composed of parsley, bay leaf, cloves, peppercorns, thyme and marjoram.

Stock Soups

Skill, patience and good materials are necessary for the making of good soup. In order to draw out and dissolve the nutritive and flavoring qualities of meat, cut the meat into small pieces, cover with cold water, and let stand at least an hour, then heat very gradually.

For a rich stock allow one pint of water to each pound of meat and bone, having only one quarter pound bone and three quarters meat. One kind of meat may be used, or several kinds. If soup is made from remnants of cold meat, be sure to add a small amount of fresh meat to give added flavor. Remember that if the contents of the soup kettle are allowed to boil for any length of time, it will be almost impossible to secure a clear soup from the stock.

How to clear Soup Stock

Allow the white and shell of one egg for two quarts of strained stock. Beat the white, add crushed shell and the cold stock, pour into kettle, set over the fire, and stir constantly until the boiling point is reached; boil three minutes without stirring, then simmer for ten minutes, strain through sieve, then through a cheese cloth; reheat and serve. If these directions are followed, an absolutely clear soup will be the result.

To keep Soup Stock

When the stock is ready to strain, strain into several receptacles; a coating of fat will form on the top, which serves to keep out the air. This fat must be removed before clearing the stock. Stock with a coating of fat will keep a week in summer and several weeks in winter. If the weather is very warm, scald the stock, then cool quickly.

Asparagus Soup

1 can of asparagus or
1 bunch of asparagus
4 cups cold water
3 tablespoons butter
3 tablespoons flour
2 teaspoons salt
a few grains cayenne
1 cup cream
2 slices onion
¼ teaspoon white pepper
2 cups milk

Wash asparagus if fresh and break off tips; break remainder of stalks into small pieces. Cook tips and stalks in cold water separately. When tender, drain; reserve water. Keep tips for garnishing soup. Press stalks through a purée sieve. Scald milk with onion, remove onion, add asparagus water, and thicken with flour and butter cooked together. Bring mixture to boiling point; add cream and seasonings. Pour over tips and serve.

NOTE. — If canned asparagus is used, drain, add water and cook in milk in a double boiler twenty minutes. Then drain and proceed as with fresh asparagus.

Artichoke Soup

1 can artichokes
3 cups cold water
2 tablespoons butter
2 tablespoons flour
2 cups scalded milk
1 egg
1 teaspoon salt
1 slice onion
few grains cayenne

Cook artichokes and onion in water till tender. Drain, press through sieve, and return to water. Melt butter; add flour and scalded milk. Cook until mixture thickens. Combine mixtures, add seasonings, and just before serving pour on to beaten egg.

Bean Soup

1 cup Lima beans
4 cups cold water
2 tablespoons chopped onion
1 sprig parsley
1 stalk celery
2 tablespoons carrot
4 tablespoons butter
2 tablespoons flour
3 cups milk
salt and cayenne
1 teaspoon Worcestershire sauce
½ teaspoon pepper

Soak beans over night. Cook beans, onion, parsley, celery and carrot in cold water; when tender rub through a sieve. Melt butter; add flour, milk and seasonings; cook five minutes. Combine mixtures and serve.

One cup stewed tomatoes added to this soup makes a pleasant variation.

Kidney Bean Soup

Use receipt for Bean Soup, substituting kidney beans for Lima beans and adding one tablespoon vinegar.

Baked Bean Soup

2 cups baked beans
2 tablespoons onion
2 cups tomatoes
2 cups water
4 tablespoons butter
2 tablespoons flour
salt, pepper and celery salt
2 tablespoons chopped pickle

Cook beans in water ten minutes; press through a sieve. Cook onion in butter five minutes; add flour and seasonings. When well blended, add tomato, cook five minutes, strain, add bean mixture, reheat, and serve with chopped pickles.

If beans are very sweet, it may be necessary to add one to two tablespoons of lemon juice or vinegar.

Cabbage Soup

1 small cabbage
2 cups water
2 cups milk
3 slices onion
4 tablespoons butter
1 teaspoon salt
⅛ teaspoon pepper
few grains cayenne
2 tablespoons flour

Chop cabbage, add water, and cook until tender; press through a sieve. Melt butter, add chopped onion, cook slowly five minutes, add flour, scalded milk, cabbage mixture; cook five minutes. Add seasonings, strain and serve.

Carrot Soup

carrots
2 slices onion
sprig parsley
¼ cup rice
4 tablespoons butter
1½ teaspoons salt
few grains cayenne
2 cups water
2 cups scalded milk
2 tablespoons flour

Chop enough carrots to make two cups. Cook in water until tender. Press through sieve, reserving liquor. Cook rice in milk in double boiler. Cook onion in butter; add flour and seasonings. Mix carrot mixture with rice and milk and pour on to butter and flour; bring to the boiling point, strain and serve. Garnish with chopped parsley. If this soup seems too thick, thin with cream or milk.

Cauliflower Soup

1 medium-sized cauliflower
4 cups cold water
4 tablespoons butter
4 tablespoons flour
2 tablespoons grated cheese
2 cups scalded milk
2 teaspoons salt
2 slices onion
1 egg yolk
few grains cayenne

Cook cauliflower in cold water until tender; drain, press through a sieve, add scalded milk. Cook onion in butter, add flour; when well blended, add cauliflower mixture, seasonings; cook five minutes, strain, add yolk of egg slightly beaten, and cheese.

Celery Soup

2 cups celery
1 quart cold water
2 slices onion
4 tablespoons butter
2 tablespoons flour
2 cups scalded milk
1½ teaspoons salt
1 blade of mace
cayenne
celery salt

Chop celery; cook in water until tender. Cook onion and mace in milk twenty minutes; strain. Melt butter; add flour and seasonings. Combine celery and milk mixtures, thicken with butter and flour cooked together, cook five minutes and serve.

Note. — Pieces of celery not suitable for the table may be utilized for this soup. The leaves and root of celery make a very good soup.

Chestnut Soup

2 cups chestnuts shelled and blanched
3 cups cold water
2 cups scalded milk
⅛ teaspoon celery salt
salt
cayenne
nutmeg
2 tablespoons onion
4 tablespoons butter
2 tablespoons flour
1 cup cream

Cook chestnuts in cold water until tender, press through a sieve, and add scalded milk. Cook onion in butter five minutes, add flour, seasonings and chestnut mixture. Cook five minutes, add cream, strain and serve.

NOTE. — To shell chestnuts, make a cross on either side of the nut with a sharp knife. Put one teaspoon melted butter in dripping pan; add chestnuts and cook in oven until shells come off easily.

Cucumber Soup

4 cucumbers
4 stalks of celery
4 cups milk
2 slices onion
1 tablespoon chopped pepper
4 tablespoons butter
4 tablespoons flour
salt and pepper
cayenne and celery salt
1 cup cream or rich milk

Chop cucumbers and celery; add onion and pepper; cook in milk in double boiler twenty minutes. Add flour and butter cooked together, and seasonings. Cook five minutes, strain, add cream, reheat and serve.

Corn Soup

1 can corn or
6 ears of corn
2 cups cold water
2 tablespoons chopped onion
2 cups scalded milk
1½ teaspoons salt
celery salt and cayenne
3 tablespoons butter
3 tablespoons flour
1 cup beaten cream
1 cup popped corn

Cook corn in cold water twenty minutes. Press through a sieve; add scalded milk. Cook onion in butter, add flour and seasonings, corn mixture, cook five minutes, strain, add beaten cream, and serve. Garnish with popped corn.

Onion Soup

6 medium-sized onions
3 cups cold water
2 cups scalded milk
salt and cayenne
3 tablespoons butter
4 tablespoons flour
1 egg yolk
2 tablespoons Parmesan cheese
1 tablespoon pimento

Chop onions, cook in two tablespoons butter five minutes; add water, cook thirty minutes, press through a sieve. Melt remaining butter, add flour, scalded milk and seasonings, cook five minutes. Combine mixtures, add egg yolks slightly beaten, Parmesan cheese and pimento.

Pea Soup

1 can peas
2 cups cold water
1½ teaspoons salt
a bit of bay leaf
3 tablespoons butter
3 tablespoons flour
3 cups scalded milk
1 tablespoon chopped onion
cayenne and celery salt

Cook peas, bay leaf, onion, and cold water twenty minutes. Press through a sieve. Make a white sauce of butter, flour, and milk. Combine mixtures, add seasonings, and serve.

Note. — Cold cooked peas may be used instead of canned peas.

Rice Soup

1 cup rice
6 cups cold water
1 small onion
1 green pepper
1 teaspoon chopped parsley
2 cups cream
4 tablespoons butter
2 tablespoons flour
salt, cayenne and nutmeg
1 teaspoon Worcestershire sauce

Cook rice, onion and pepper in cold water until rice is tender. Press through a sieve. Melt butter, add flour, cream and seasonings; boil five minutes. Combine mixtures. Add parsley and serve.

Sorrel Soup

1 cup chopped sorrel
1 pint cold water
2 tablespoons butter
1 cup milk
4 tablespoons flour
salt and cayenne
1 tablespoon tomato catsup
2 eggs
1 cup cream
2 slices onion

Cook onion and sorrel in butter five minutes, add water, cook thirty minutes. Cook milk and flour in double boiler twenty minutes, add cream, beaten eggs, catsup and strained sorrel mixture. Season and serve.

Spinach Soup

2 quarts spinach
6 cups cold water
bit of bay leaf
1 teaspoon salt
3 tablespoons butter
2 cups milk
1 clove of garlic or
2 tablespoons chopped onion
cayenne pepper and celery salt
3 tablespoons flour
½ cup cream

Cook spinach in water thirty minutes. Press through a sieve, scald milk with onion and bay leaf, add butter and flour cooked together, strain, add seasonings and spinach mixture; cook five minutes and serve. Garnish with beaten cream.

Squash Soup

2 cups cooked and strained squash
4 cups milk
2 slices onion
bit of bay leaf
3 tablespoons butter
3 tablespoons flour
salt and cayenne
½ cup cream
2 tablespoons butter
1 teaspoon Liebig's beef extract

Cook onion in butter five minutes, add flour, extract, seasonings, and milk in which bay leaf has been scalded, cook five minutes; add squash, strain, add two tablespoons of butter and serve. Garnish with beaten cream.

Potato Soup

5 potatoes, boiled	salt, pepper and cayenne
2 tablespoons onion	3 tablespoons butter
2 tablespoons carrot	2 tablespoons flour
¼ teaspoon celery salt	1 quart milk

Cook onion and carrot in butter five minutes, add flour, milk, seasonings; cook in double boiler twenty minutes; add mashed potato, and serve after straining. One cup stewed and strained tomatoes or one fourth cup tomato catsup may be used to vary this soup.

Tomato Soup

1 can tomatoes	3 tablespoons butter
2 slices onion	2 tablespoons flour
2 sprigs parsley	4 cups water
bit of bay leaf	3 cloves
few gratings of nutmeg	salt and cayenne

Melt butter, add flour. Cook remaining ingredients together twenty minutes. Press through a sieve and thicken with flour mixture. If tomato lacks flavor, season highly with Worcestershire sauce and Tabasco sauce.

Tomato Bisque Soup

1 can tomatoes	1½ teaspoons salt
1 quart milk	1 teaspoon chopped parsley
2 tablespoons chopped onion	¼ teaspoon soda
¼ cup flour	cayenne and celery salt
¼ cup butter	6 cloves

Melt butter, add onion, cook five minutes; add flour, milk and seasonings, cook in double boiler twenty minutes. Cook tomatoes, press through a sieve, add soda. Combine mixtures and strain. Serve immediately. If tomato is very acid, it may be necessary to add more soda to neutralize.

Tomato Soup with Stock

1 can tomatoes
2 tablespoons chopped onion
2 tablespoons flour
2 tablespoons butter
2 tablespoons green pepper
1 teaspoon lemon juice
1 sprig parsley
bit of bay leaf
2 cups brown stock
salt and cayenne
2 tablespoons horse-radish
¼ cup cooked macaroni cut in rings

Melt butter, add green pepper and onion, cook five minutes; add tomato, horse-radish, stock and seasonings. Thicken with butter and flour cooked together. Simmer ten minutes, strain, add macaroni and serve. This soup unstrained would be a purée.

Turnip Soup

2 cups hot mashed turnip
1 cup hot mashed potato
2 tablespoons flour
2 teaspoons salt
½ onion
4 cups scalded milk
4 tablespoons butter
⅛ teaspoon pepper

Mix turnip, potato and scalded milk. Melt butter, add flour, salt and pepper; when well blended add turnip mixture and onion cut in small pieces. Cook in double boiler twenty minutes, stirring occasionally; strain and serve.

Water Cress Soup

3 cups chopped cress
4 tablespoons butter
2 tablespoons chopped onion
1¼ teaspoons salt
1 cup whipped cream
4 cups milk
2 tablespoons flour
1 teaspoon beef extract
cayenne and Worcestershire Sauce

Cook cress, butter and onion together five minutes; add flour and seasonings. When smooth add milk in which extract has been mixed, cook twenty minutes, strain, serve and garnish with whipped cream.

Vegetable Soup

1 cup chopped carrot
1 cup chopped turnip
1 cup chopped celery
½ cup butter or pork fat
2 cups chopped potato
1 cup chopped onion
4 cups milk
salt, pepper, cayenne

Parboil potatoes ten minutes. Melt butter, add vegetables, cook ten minutes, stirring occasionally. Add milk and cook in doubler boiler until vegetables are tender. Season, strain, garnish with parsley and serve.

Black Bean Purée

2 cups black beans
8 cups water
4 tablespoons chopped pork
3 tablespoons chopped onion
2 tablespoons flour
1½ teaspoons salt
6 cloves
½ teaspoon mustard
2 tablespoons butter
1 hard-cooked egg
1 lemon sliced

Soak beans over night, drain, add water and cook until tender—four or five hours. Press through a sieve; cook pork in a frying pan, add onion, cook five minutes; add bean mixture, melt butter, add flour and seasonings; combine mixtures, strain. Garnish with egg cut in slices and lemon.

A ham bone cooked with the beans is considered by many to be an improvement.

Split Pea Purée

2 cups split peas
8 cups water
3 tablespoons chopped onion
1 teaspoon salt
2 drops Tabasco Sauce
4 tablespoons chopped pork
2 tablespoons butter
2 tablespoons flour
2 cups milk

Soak peas over night, drain, cook until tender. Cook onion and salt pork together ten minutes; add to pea mixture. Press through a sieve, melt butter, add flour, milk, seasonings, and cook five minutes. Combine mixtures, and serve.

Lentil Purée

Prepare the same as Split Pea Purée, substituting one and one half cups lentils for split peas.

Potato Chowder

3 cups potatoes cut into dice
½ cup salt pork cut into dice
¼ cup onion
2 tablespoons butter
2 tablespoons flour
3 cups milk
1 cup water
1 tablespoon parsley
1 teaspoon salt
cayenne and celery salt

Cook salt pork in frying pan ten minutes; add onion, cook ten minutes. Put a layer of parboiled potatoes in kettle, cover with onions and salt pork, and so continue until all potatoes and onions are used.

Cover with water and simmer until potatoes are tender. Melt butter; add flour, milk and seasonings. Cook five minutes. Combine mixtures.

If potatoes are very old, it is better to parboil them before putting them with the onion.

Corn Chowder

1 can corn
1 cup salt pork cut in cubes
1 cup potatoes
¼ cup onion
salt and cayenne
3 cups water
2 cups milk
1 tablespoon butter
1 tablespoon flour
½ cup cracker crumbs

Cook salt pork in frying pan five minutes; add onion and cook until yellow. Parboil potatoes five minutes; add to onion with corn and water; cook twenty minutes. Thicken milk with butter and flour cooked together. Combine mixtures; add cracker crumbs and seasonings, and serve.

Succotash may be substituted for corn.

Clam Chowder

4 cups clams
4 cups potatoes
½ cup onion
½ cup salt pork cut in cubes
2 tablespoons flour
1 teaspoon salt
1 teaspoon Tabasco Sauce
2 cups boiling water
4 cups milk, scalded
2 tablespoons butter

Remove heads from clams and chop. Parboil potatoes. Cook onion and salt pork together ten minutes. Arrange clams, potatoes, onion and salt pork in layers in the kettle; cover with boiling water, and simmer until tender. Thicken milk with flour and butter cooked together; add fish mixture and seasonings, and serve.

Fish Chowder

1 haddock weighing five pounds
4 cups potato dice
½ cup onion dice
½ cup salt pork dice
salt, pepper, cayenne
4 cups hot water
2 tablespoons butter
4 tablespoons flour
4 cups milk
10 buttered crackers

Remove head and skin and cut fish into fillets. Cover head, skin and bones with cold water; simmer twenty minutes; strain. Reserve liquor.

Parboil potatoes ten minutes. Cook onions in salt pork until yellow. Arrange in layers, fish, potatoes, onions and salt pork; cover with water in which bones were cooked, and simmer until potatoes are tender. Thicken milk with butter and flour cooked together, combine mixtures, add seasonings, and pour over buttered crackers which have been previously soaked in cold milk.

Caution.—Do not allow onion or salt pork to burn.

New England Chowder

4 cups clams or
4 pounds haddock
4 tablespoons onion
4 cups tomatoes
4 tablespoons salt pork fat
3 cups potato dice
4 tablespoons butter
2 tablespoons flour
2 cups boiling water
salt, pepper and cayenne
10 buttered crackers

Cook onion in salt pork fat until yellow; add clams or fish free from bone; simmer twenty minutes. Parboil potatoes, drain, and add to fish with boiling water. Cook until potatoes are tender.

Melt butter; add flour, tomatoes and seasonings. Combine mixtures, and pour over buttered crackers which have been previously soaked in cold milk.

Lobster Chowder

2 cups lobster meat
¼ cup onion
¼ cup salt pork fat
2 tablespoons butter
4 cups milk
salt, cayenne, blade of mace
1 cup hot cream
2 tablespoons flour

Cook onion in salt pork fat; melt butter; add flour, milk and seasonings, and cook in double boiler with lobster cut in cubes twenty minutes; add strained salt pork fat, hot cream, and serve.

Crab Chowder

Prepare the same as Lobster Chowder, substituting crab meat for lobster meat.

Shrimp Chowder

Prepare the same as Lobster Chowder, substituting shrimps for lobster meat.

Salt Codfish Chowder

¼ cup salt pork fat
2 onions cut in small pieces
2 cups shredded codfish
1 cup cream
4 tablespoons butter
3 cups potato cut in cubes
salt, pepper, cayenne
1 cup boiling water
8 crackers buttered
2 tablespoons flour

Soak codfish in cold water one hour; drain. Parboil potatoes ten minutes. Cook onions in pork fat, add drained potatoes, fish, and one cup of boiling water; cook until potatoes are tender. Melt butter; add flour, milk, cream and seasonings. Combine mixtures, cook five minutes, and serve with crackers which have been previously soaked in milk.

Clam Bisque No. 1

2 cups clams
2 tablespoons onion
bit of bay leaf
3 tablespoons butter
4 tablespoons flour
2 cups chicken stock
1 teaspoon salt
pepper and cayenne
2 cups hot cream
1 teaspoon Worcestershire Sauce

Chop clams, and cook in stock twenty minutes. Melt butter, add onions, cook five minutes; add flour, strained clam liquor, cook five minutes; add seasonings, cream, and serve.

Crab Bisque

6 crabs
2 tablespoons butter
2 tablespoons onion
1 teaspoon salt
2 tablespoons flour
2 cups milk
½ cup boiled rice
cayenne and blade of mace

Boil crabs in water to cover twenty minutes. Remove meat, add rice, and cook in two tablespoons butter five minutes; add onion, cook five minutes, and press all through a sieve. Scald mace in milk. Thicken milk with butter and flour cooked together; add seasonings.

Combine mixtures, reheat and serve.

Lobster Bisque

2 cups lobster meat
2 cups boiled rice
2 cups white stock
½ tablespoon salt
lobster coral
4 tablespoons butter
2 tablespoons flour
2 cups milk
pepper, cayenne and nutmeg
2 tablespoons Madeira

Cook lobster, rice and white stock twenty minutes; press through a sieve. Thicken milk with flour and butter cooked together; add seasonings. Combine mixtures and thin with cream to desired consistency. Garnish with lobster coral pressed through a sieve.

Oyster Bisque

2 cups white stock or milk
1 teaspoon chopped parsley
blade of mace
2 cups oysters
1 cup cream
salt, pepper, cayenne
1 egg
2 tablespoons butter
2 tablespoons flour

Cook oysters in white stock until edges curl. Strain, reserve liquor and chop oysters; press through a sieve; add butter and flour cooked together, seasonings and cream; cook five minutes, add to egg slightly beaten and serve.

Clam Bisque No. 2

Substitute clams for oysters and proceed as for Oyster Bisque.

Oyster Bisque à la Reine

4 cups oysters
1 cup milk
1 egg
2 tablespoons butter
salt, paprika, cayenne
½ cup cracker crumbs
1 cup finely chopped chicken meat
parsley
dash nutmeg

Cook oysters in their own liquor until edges shrivel. Drain, reserve liquor; chop oysters. Melt butter, add cracker crumbs and milk. Cook five minutes, add seasonings, combine mixtures, strain thoroughly. Add beaten egg and chicken meat.

Bisque of Shrimps, Bretonne

1 quart shrimps
2 tablespoons onion
3 tablespoons butter
2 cups white stock
1 tablespoon carrot
2 tablespoons celery
¼ cup chopped mushrooms
salt and cayenne
1 cup white wine

Cook shrimps and vegetables in butter; add seasonings, white stock, and boil five minutes. Press through a sieve. Add wine and serve immediately.

By adding one cup of cream and two tablespoons of butter a much richer and smoother soup may be made.

Bouillon

6 pounds round of beef finely chopped
3 quarts cold water
1 pound bones, cracked
2 teaspoons salt
1 teaspoon finely chopped red or green pepper
1 small onion stuck with cloves
¼ cup celery
¼ cup carrot
6 peppercorns
2 cloves
¼ cup sherry
2 tablespoons butter

Cover meat and bones with cold water; simmer four hours. Sauté vegetables in butter; add to stock with seasonings except sherry. Cook one hour longer, strain, cool, remove fat and clear. Add sherry and serve.

Brown Soup Stock

Is made like bouillon, with the addition of three sprigs of parsley, one sprig of thyme and omission of the sherry. If the stock is not sufficiently brown, add one teaspoon Kitchen Bouquet for each quart of stock, or one teaspoon of caramelized sugar.

Many prefer browning a portion of the meat before covering with cold water, to give color to the soup.

If this method is employed, use one quart less water.

St. Germain Soup

6 cups brown stock
2 tablespoons onion
1 sprig parsley
3 tablespoons butter
1 can peas
bit of bay leaf
salt, pepper, cayenne
3 tablespoons flour
2 cups milk

Reserve one fourth cup of peas for garnishing; cook remainder of peas, onion, bay leaf and parsley in stock ten minutes; mash through a sieve. Make a white sauce of butter, flour and milk; combine mixtures, cook five minutes, add peas, and serve with sippets of bread.

Consommé

8 pounds beef	¼ cup turnip	1 sprig thyme
2-pound knuckle of veal	¼ cup onion	1 bay leaf
1 small fowl	1 tablespoon salt	1 sprig parsley
¼ cup carrot	1 sprig marjoram	6 quarts cold water.

Simmer beef, veal and fowl in water four hours; add vegetables, salt, and herbs tied in a bag; cook slowly one hour. Strain, cool, remove fat and serve.

Consommé is the foundation for all clear soups, each soup taking its name from the garnishing which is used.

Consommé with Barley

2 tablespoons pearl barley	2 quarts consommé
8 cups boiling water	1 teaspoon salt

Cook barley in boiling water until tender; add salt, reheat in consommé and serve.

Consommé with Eggs

2 quarts consommé	4 cups water
6 eggs	1 teaspoon salt

Poach eggs in salted water. Place in a tureen and pour hot consommé over them.

Consommé Claret

2 quarts consommé	2 cups claret
1 inch stick cinnamon	2 cups hot water
3 egg yolks	3 egg whites

Cook cinnamon in consommé; add claret and hot water. Beat egg yolks; add hot mixture slowly to them. Cut and fold in the beaten whites. Serve immediately.

Vegetable Consommé

8 cups consommé	2 tablespoons turnips
2 tablespoons carrots	2 tablespoons green peas
2 tablespoons string beans	2 tablespoons asparagus tips

Cut carrots and turnips in inch straws, add remaining vegetables, and cook in boiling salted water until tender; add consommé, reheat and serve.

Consommé à l'Italienne

2 tablespoons spaghetti
4 tablespoons mushrooms
2 cups consommé
2 tablespoons butter

Cook spaghetti in boiling salted water; when tender, cut in rings. Cut mushrooms in slices and sauté with spaghetti in melted butter. Heat consommé, add spaghetti and mushrooms, and serve.

Consommé au Riz

8 cups consommé
¼ cup rice
8 cups boiling water
1½ teaspoons salt

Cook rice in boiling salted water until tender; drain, pour over rice six cups boiling water to wash off starch and separate kernels; drain, add hot consommé and serve.

Swiss Consommé

6 cups consommé
½ cup carrots cut in fancy shapes
2 tablespoons butter
¼ cup turnips cut in fancy shapes
1 cup celery cut in small pieces
2 tablespoons cold cooked chicken
1 cup roasted chestnuts cut in slices

Melt butter, add vegetables and cook until yellow. Cook in boiling water until tender, being careful not to overcook. Drain, add hot consommé, chestnuts and chicken. Season with salt and pepper if necessary.

Chicken Consommé

1 fowl cut in pieces
4 quarts cold water
¼ cup onion
¼ cup celery
1½ tablespoons salt
pepper, cayenne and celery salt
bit of bay leaf
sprig of parsley

Cover fowl with cold water, bring to the boiling point, then simmer four hours; add vegetables and seasonings, and simmer one hour. Strain, cool, remove fat, clear and serve.

If all the stock is not needed at once, remove fat from portion required only, as fat prevents the stock from spoiling.

Chicken Consommé with Macaroni

2 quarts chicken consommé ½ cup cooked macaroni cut in rings

Reheat consommé and add macaroni rings.

Chicken Consommé with Custard

½ cup milk
1 slice onion
½ teaspoon Worcestershire Sauce
salt, cayenne
bit of bay leaf
1 egg
6 cups consommé

Scald milk with onion and bay leaf. Strain; beat egg slightly; add seasonings and milk. Bake in shallow pan until firm. Cool; remove from pan; cut in fancy shapes. Heat consommé, add custard and serve.

White Soup Stock No. 1

1 knuckle veal
1 onion stuck with 6 cloves
⅓ cup celery
water
1 fowl
⅓ cup carrot
1 tablespoon salt
parsley
pepper and cayenne

Break the knuckle of veal in small pieces; add cut and disjointed fowl and water, allowing one quart to each pound of meat and bone. Cook three hours, keeping below the boiling point. Add remaining ingredients; simmer one hour; strain; cool; use as needed.

White Soup Stock No. 2

6-pound knuckle of veal
2 pounds chopped veal
¼ cup celery
4 quarts water
¼ cup onion
1 teaspoon peppercorns
2 teaspoons salt

Break knuckle in pieces; add chopped veal; cover with water; let stand one hour. Simmer four hours; add vegetables; simmer one hour; add seasonings and strain.

The meat used in this receipt or in White Soup Stock No. 1 may be chopped and used for croquettes, soufflés, veal loaf, or hash, but as it lacks flavor, the dishes must be highly seasoned to be palatable.

White Soup

2 cups white stock
2 cups cream
salt and pepper
1 cup cooked rice
2 tablespoons butter
2 tablespoons flour

Make a white sauce of butter, flour and cream. Add white stock, cooked rice, seasonings; reheat and serve.

Chicken Stock

Cook a fowl in cold water to cover; add seasonings, strain, and use for stock.

Peanut Soup

2 cups shelled and blanched peanuts
¼ cup onion
¼ cup celery
2 cups white stock
4 tablespoons butter
2 tablespoons flour
2 cups milk
salt, cayenne, paprika

Chop peanuts in meat chopper. Cook chopped nuts, onion and celery in white stock twenty minutes. Melt butter; add flour, milk and seasonings; cook five minutes. Combine mixtures, strain and serve.

Mushroom Soup

4 cups mushrooms
4 cups water
4 cups chicken stock
4 tablespoons butter
3 tablespoons flour
1 cup cream
salt and pepper
celery salt

Clean and chop mushrooms; cook in water until tender; press through a sieve. Melt butter; add flour, white stock; cook five minutes; add mushroom mixture, cream and seasonings; reheat, strain and serve.

Chicken Gumbo

1 chicken cut in pieces
1 cup salt pork cubes
¼ cup onion
4 quarts water
4 tablespoons flour
salt, pepper, cayenne
1 cup cream
1 quart green okra
1 tablespoon chopped red pepper
1 bay leaf, sprig of thyme
4 tablespoons butter
1 cup rice cooked
1 clove garlic

Cook salt pork in frying pan five minutes; add chicken, and sauté a golden brown. Remove chicken; add onion, garlic, okra cut in slices, and sauté one half hour. Add to chicken and cover with boiling water. Add red pepper, seasonings, and cook slowly until chicken is tender. Melt butter; add flour and cream; cook five minutes; add chicken mixture. Serve garnished with rice.

Oyster Gumbo

¼ cup onion
¼ cup butter
1 quart oysters
4 quarts water
1 chicken cut in pieces
1 cup cooked rice
1 tablespoon chopped red pepper
1 quart okra
2 tablespoons butter
2 tablespoons flour
salt and pepper

Melt butter, add chicken, and sauté. Remove chicken; add onion, okra, pepper. Cook ten minutes. Add to chicken and cover with boiling water. When chicken is tender, add oysters and cook until edges curl. Melt butter, add flour, and thicken soup. Serve garnished with rice.

Crab Gumbo

Prepare same as Chicken Gumbo, substituting one quart crab meat for chicken and using the crab liquor.

Mulligatawny Soup

6 cups chicken stock
¼ cup onion
2 tablespoons chopped cooked ham
1 tablespoon carrot
4 cloves
1 teaspoon curry powder
1 teaspoon chopped parsley
salt, pepper, cayenne
½ cup cooked chicken
2 cups tomato
½ cup green apple
1 tablespoon tomato catsup
¼ cup boiled rice
1 lemon sliced

Melt butter, add vegetables, and cook five minutes. Add remaining ingredients, except lemon, and cook one half hour. Serve garnished with lemon.

Green Turtle Soup

1 can green turtle
4 cups brown stock
4 cloves, 6 peppercorns
bit of bay leaf
blade of mace
cayenne
1 sliced lemon
sprig each of savory, marjoram, thyme and sage
3 tablespoons butter
¼ cup onion
3 tablespoons flour
1 teaspoon salt
2 cups brown stock
¼ cup sherry

Separate the green fat from the rest of the turtle. Cut fat in cubes. Cook turtle and herbs in four cups of stock one half hour. Melt butter; add onion, flour, salt, cayenne and two cups stock; boil five minutes; add turtle mixture; cook five minutes; add fat cubes. Pour into tureen, and garnish with lemon; add sherry. Serve.

Terrapin Soup

1 can terrapin
4 cups white stock
4 tablespoons butter
2 egg yolks hard cooked
salt, cayenne
blade of mace
1 cup cream
2 tablespoons flour
¼ cup sherry

Cook terrapin, stock and mace twenty minutes. Melt butter, add flour, cream and egg yolks; combine mixtures, add sherry, and garnish with rice balls.

Mock Turtle Soup

1 calf's head
1 teaspoon vinegar
2 tablespoons onion
2 tablespoons turnip
bit of bay leaf
6 peppercorns
2 tablespoons butter
3 tablespoons flour
3 tablespoons Madeira
½ lemon, thinly sliced
2 quarts cold water
2 tablespoons carrot
2 tablespoons celery
2 sprigs parsley
2 tablespoons chopped ham
1 cup meat from calf's head
1 tablespoon salt
2 cups brown stock
1 tablespoon mushrooms

Cover calf's head with cold water, add vinegar, vegetables, seasonings, and simmer two hours. Remove one cupful of meat. Simmer two hours longer. Strain; cool; remove fat. Brown butter; add flour, and brown; add brown stock, strained liquor, chopped ham, calf's head meat, lemon, Madeira and mushrooms. Reheat and serve.

Should it be necessary to keep the soup hot, delay adding wine until serving.

Ox-tail Soup

2 ox-tails
1 onion stuck with 6 cloves
¼ cup salt pork fat
2 quarts cold water
pepper and cayenne
1 cup brown stock
1 sprig parsley
2 tablespoons carrot
2 tablespoons celery
2 teaspoons salt
3 tablespoons Madeira wine
2 tablespoons butter
2 tablespoons flour

Cut ox-tails at joints, add onion, and sauté in pork fat; add cold water, and simmer four hours; add vegetables and seasonings; simmer one hour. Strain; cool; remove fat. Brown butter; add flour and brown; add strained stock, brown stock and meat cut from bones. Reheat, add Madeira, and serve.

CHAPTER III

FISH

For convenience' sake we divide fish into two classes — vertebrate and shellfish.

The freshness of fish is best determined by the odor. If the flesh of the fish is soft and flabby, the fish has been frozen, or has been kept too long.

Fish Fillets

Fish fillets are the flesh of vertebrate fish separated from the bone and cut into large or small pieces.

Fish Forcemeat

Is the flesh of fish finely chopped and pressed through a fine sieve before being cooked.

Fish Stock

Is the seasoned liquid in which fish has been cooked.

Garnishings for Fish

Parsley, lemon slices, lemon baskets, lemon slices sprinkled with finely chopped parsley, chopped red or green pepper, potato balls, olives, hard-cooked eggs, capers, and pickles cut lengthwise and spread to resemble a fan; mashed potato and mushrooms, cucumbers and tomatoes; maître d'hôtel butter and water cress.

Boiled Fish

a 4-pound cod
2 tablespoons chopped onion
2 tablespoons chopped carrot
1 sprig parsley
2 quarts water
1 tablespoon salt
bay leaf and clove
½ cup vinegar

Wash and wipe fish. Cover with boiling water and add remaining ingredients; bring quickly to the boiling point, and keep just below the boiling point until fish separates slightly in flakes—about thirty minutes.

A fish kettle is the most convenient receptacle for cooking fish whole. If one is not available, use a piece of cheese cloth just large enough to cover fish and tie loosely with string.

All other boiled fish may be cooked in the same way as boiled cod.

STEAMED FISH

Steamed Salmon

Wrap four pounds of salmon in a piece of cheese cloth. Set in a plate in a steamer and cook until fish separates from bone—from forty-five to sixty minutes, according to thickness of fish.

All other fish may be steamed in the same way.

BROILED FISH

Broiled Mackerel

Wash and wipe fish; grease a wire broiler with clarified butter, lard, or pork fat. Season fish with salt and pepper, place on greased broiler and broil over clear fire, turning every five seconds. If the fish is a thick one, hold at quite a distance from fire until fish is cooked through, then hold nearer embers to brown. Separate, first skin side, then flesh side, with sharp knife from the broiler. Remove to hot platter, butter, garnish and serve.

FRIED FISH

Fried Smelts

Wash, dry thoroughly, and sprinkle smelts with salt, pepper and flour; dip in beaten egg which has also been

seasoned with salt and pepper; drain and dip in flour, meal, or sifted bread crumbs.

The fish must be completely covered with egg and crumbs. Fry in deep fat, first testing fat with a crumb of bread, which should brown delicately in one minute.

Smelts may be cooked with their heads on, or the backbone may be removed and the fish rolled up in the shape of a muff, or they may be skewered in the shape of a ring.

When fried, drain on brown paper and serve on hot platter; garnish with lemon baskets filled with Mayonnaise Dressing and parsley.

Any small fish may be fried in the same way; large fish are generally cut in fillets, prepared and fried in the same way.

BAKED FISH

Baked Bluefish

STUFFING

2 tablespoons butter
1 cup cracker crumbs or dried bread crumbs
1 teaspoon finely chopped parsley
1 tablespoon chopped pickles
1 teaspoon salt, few drops onion juice
¼ to ½ cup milk or water

Melt butter, add remaining ingredients, and stir lightly with a fork until heated through. If a dry stuffing is preferred, omit liquid.

Wash and wipe bluefish, stuff, and sew. Cut three gashes on either side of fish and insert a slice of salt pork in each gash (if desired fancy, pink the edges of the salt pork). Season with salt and pepper, brush with melted butter, and dredge with flour. Place on a greased fish sheet, or on two four-inch-wide pieces of cheese cloth. Set in dripping pan, surround with finely chopped pork; bake, allowing fifteen minutes to the pound; baste with salt pork fat. There should be sufficient in the pan; if not, try out an additional quantity of pork.

When the fish is browned on one side, it should be turned, basted and browned on the other. To avoid this turning, many prefer to skewer the fish in the shape of the letter S, and place as if swimming in the pan.

BAKED HADDOCK WITH OYSTER STUFFING

Oyster Stuffing

2 cups oysters	1 tablespoon chopped parsley	salt
¼ cup butter	1 cup cracker crumbs	pepper

Drain oysters; mix crumbs, melted butter and parsley. Season highly with salt and pepper. Sprinkle oysters with salt and pepper and mix with crumbs.

Remove head, tail and bone from haddock. Season with salt, pepper and lemon juice. Stuff with oyster stuffing and sew. Place on fish sheet or strips of cheese cloth in baking pan, dot with butter, and sprinkle with salt and pepper. Bake, allowing twelve minutes to the pound, basting with melted butter, or after fish is stuffed, place in pan; cover with buttered cracker crumbs and baste.

Remove from pan to hot platter; garnish with parsley and pickles, and serve with Tomato, Hollandaise Sauce, or Egg Sauce.

BAKED FILLET OF FISH

Baked Fillet of Halibut

2 slices of halibut cut from middle of fish	salt, pepper, lemon juice, melted butter

2 cups oyster stuffing

Wash and wipe fish. Place one slice on a buttered fish sheet, brush with melted butter, sprinkle with salt and pepper, cover with oyster stuffing. Place second slice on top of oysters, season, and brush with butter. Bake forty minutes, basting frequently with melted butter, turning pan often in order that the fish may be uniformly browned.

Remove to hot platter; garnish with potato balls, parsley, and lemon; Hollandaise, Tomato, or Béchamel Sauce.

Finnan Haddie Baked

Wash the fish, put flesh side down in dripping pan, cover with cold water, let stand on back of range ten minutes. Drain and rinse with cold water. Place on platter, cover with milk, and bake twenty minutes.

SAUTÉD FISH

Sautéd Trout

6 medium-sized trout
olive oil or melted butter
cornmeal, salt and pepper
2 tablespoons lard or butter

Wash and wipe fish. Sprinkle with salt and pepper, dip in olive oil, roll in cornmeal, and sauté until brown, and crisp in butter or lard. Drain on brown paper. Serve on hot platter, and garnish with lemon and cress. All kinds of small fish may be cooked in the same manner.

Deviled Fillets of Fish

6 fish fillets
1 teaspoon mustard
2 tablespoons lemon juice
1 tablespoon hot water
1 teaspoon Worcestershire sauce
½ teaspoon salt
½ teaspoon paprika
½ cup cracker crumbs seasoned

Mix mustard, lemon juice, Worcestershire sauce, salt and paprika. Wipe and broil the fish, spread with mustard mixture, roll in crumbs, and broil until crumbs are brown. Serve hot, with Sauce Tartare or Tomato Tartare.

Fried Fillet of Sole

6 fillets of sole
4 anchovies boned and skinned
2 teaspoons lemon juice
2 teaspoons butter
¼ teaspoon mustard
salt, cayenne pepper

Prepare the fillets, sprinkle with salt and pepper; spread with remaining ingredients blended. Roll fillets, dip in crumbs, egg and crumbs, fry in deep fat, and drain on brown paper. Serve on a napkin and garnish with lemon and water cress.

Fillets prepared in this way may also be baked in the oven with white wine, and served garnished with French fried potatoes and parsley.

Finnan Haddie Croquettes

Prepare fish as for Baked Finnan Haddie. Flake the fish, moisten with thick White Sauce, season with Worcestershire Sauce. Shape in croquettes, dip in crumbs, egg and crumbs, and fry in deep fat.

Planked Shad

1 shad with backbone removed
4 tablespoons butter
few drops onion juice
1 tablespoon salt
2 tablespoons finely chopped parsley
2 tablespoons Tomato Catsup or
2 tablespoons white wine
few grains cayenne

Wipe shad; place skin side down on oak plank. Sprinkle with salt and pepper; spread with butter. Cook in hot oven twenty to thirty minutes. Brown with a salamander. Spread with parsley and catsup or white wine. Garnish with highly seasoned hot mashed potato pressed through a pastry bag and tube. Also radishes cut in shape of roses, lemons cut in shape of crescents and dipped in chopped parsley, and sprigs of parsley.

Fried Whitebait

2 pounds whitebait
salt, pepper
flour
lemon slices

Dry whitebait in towel; sprinkle with salt and pepper; dredge napkin with flour. Shake whitebait in napkin until each little fish is covered with flour. Dip frying basket in hot fat; cover bottom of frying basket with floured whitebait; plunge into hot fat; fry until a golden brown; drain on brown paper. Serve on napkin. Garnish with lemon and parsley. Brown bread is served with these fish.

SHELLFISH

Scalloped Oysters

1 quart oysters
1 cup fine bread crumbs
1 teaspoon salt
¼ cup butter
2 tablespoons parsley
2 tablespoons celery
½ teaspoon paprika
1 cup cream
¼ cup wine

Clean oysters. Butter a baking dish; arrange a layer of oysters in the bottom of the dish. Mix butter and bread crumbs; sprinkle oysters with crumbs, parsley, celery, paprika, salt and two tablespoons of cream. Continue arranging in layers until dish is filled, having crumbs for the last layer. Just before baking, add wine and bake twenty minutes. Oysters are best baked in a shallow dish so as to have two layers of oysters only.

Scalloped Fish and Oysters

2 cups cold cooked fish
2 cups oysters
2 cups White Sauce
1 cup buttered crumbs

Arrange fish, oysters and White Sauce in alternate layers. Cover with buttered crumbs and bake until crumbs are brown.

Oyster Stew

1 quart oysters
1 quart milk
4 tablespoons butter
salt and pepper
4 tablespoons cracker crumbs

Drain oysters from liquor; heat liquor to boiling point. Skim. Scald milk in double boiler; add liquor and oysters; cook until edges of the oysters shrivel; add butter, salt and pepper. Serve at once.

If cracker crumbs are used, combine butter and cracker crumbs and add to oyster mixture.

Oysters and oyster liquor must not be added to milk until just before serving, as the mixture is apt to curdle if the oysters are allowed to stand in the milk.

Spindled Oysters

1 quart oysters
12 slices bacon
salt, pepper
6 squares buttered toast

Drain oysters from their liquor and dry between towels. Cut the bacon in pieces half the size of the oysters. Arrange the oysters and bacon in alternate layers on wooden skewers, being careful to pierce the hard muscle. Place in a hot pan and bake in a hot oven until bacon is done. Ten minutes should suffice.

Serve one skewerful on each slice of buttered toast. Many persons like the liquor of the oysters heated, strained, and poured over the toast just before serving.

Broiled Oysters

Look over oysters, reject shells, and dry oysters between towels. Dip in melted butter or olive oil seasoned with salt and pepper. Heat broiler; grease; arrange oysters on broiler; broil over a clear fire four to six minutes, turning often. Serve on squares or rounds of toasted bread spread with butter and slightly moistened with oyster liquor. Garnish with a sprig of parsley and one quarter slice of lemon.

Panned Oysters

Melt two tablespoons of butter in hot frying pan, add one pint of cleaned and drained oysters, sprinkle with salt and pepper, and cook in hot oven until edges shrivel. Serve on hot buttered squares of toast with strained liquor from oysters. Garnish with finely chopped parsley.

Sautéd Oysters

Pick over, drain, and dry oysters; dip in crumbs, egg and crumbs, season with salt and pepper. Melt one tablespoon each of lard and butter in frying pan. When hissing hot, cover bottom of pan with prepared oysters and sauté until

a golden brown on both sides. Drain on brown paper; reheat in oven if necessary. Serve on hot platter and garnish with parsley, lemon and Sauce Tartare.

Fried Oysters

Fried oysters are prepared same as Sautéd Oysters except they are fried in deep fat.

Suprême Oysters

1 pint oysters
2 tablespoons butter
2 tablespoons onion
4 tablespoons flour
½ cup cream
½ cup chicken stock
½ cup oyster liquor
salt, cayenne, nutmeg
3 egg yolks
parsley
½ cup finely cut chicken

Melt butter ; add onion ; when yellow, add flour ; when well blended, add liquids and seasonings. Cook five minutes; add chicken, yolks of eggs beaten until thick and cream beaten until stiff. When thick, cool. Parboil oysters ; drain and dry. Cover oysters with chicken mixture, dip in crumbs, egg and crumbs, and fry in hot fat. Drain. Serve on hot dish and garnish with lemon and Mayonnaise Dressing.

Clams

Clams may be cooked and served in all ways like oysters.

Steamed Clams

Wash and scrub clam shells ; place in kettle ; add water, allowing one half cup of water for each peck of clams. Cover kettle and cook until shells open. Serve hot with melted butter.

Kettle should be removed from the range as soon as shells open, otherwise clams will be overcooked.

Clam Fritters

2 egg yolks well beaten
½ cup milk
1 tablespoon olive oil
⅞ cup flour
salt, pepper, cayenne
2 egg whites stiffly beaten
1 tablespoon lemon juice

Combine ingredients in order given; let stand ten minutes. Remove clams from shell, cut off heads, cover with batter, and fry until golden brown in hot fat. Drain on brown paper. As clams contain so much water, only a few should be put into the fat at once.

Oysters in batter may be prepared in the same way as Clam Fritters.

Fried Scallops

1 quart scallops
salt and pepper, 1 egg
flour
crumbs

Wash, drain, and parboil scallops. Season; dip in flour, egg and crumbs and fry in deep fat. Drain and serve with Sauce Tartare. Garnish with parsley and lemon.

Fried Scallops in Batter

Parboil scallops, and proceed as with Clam Fritters.

Scalloped Scallops

1 pint scallops
1 cup mushrooms, chopped
2 tablespoons onion
4 tablespoons butter
4 tablespoons flour
1 cup cream
½ cup scallop liquor
salt, pepper, cayenne

Parboil scallops. Drain and cut in slices. Melt butter; add onion and mushrooms, cook five minutes; add scallops, cook five minutes; add liquids, cook until thick.

Place mixture in buttered baking dish or scallop shells; dot with butter; cover with buttered and seasoned crumbs; bake until crumbs are brown.

Lobster

To open a lobster: wipe lobster, break or sever small and large claws from the body. Separate tail from body portion by twisting and pulling at the same time. Remove meat from body portion carefully, picking edible portion from small bones. Reserve liver and coral if there is any; discard stomach, or "lady." Meat from the body of the lobster is the sweetest and tenderest, but is often thrown away because of the difficulty in removing it.

Break the large claws, or if the shell is tender, cut with scissors and remove meat whole.

Crush the tail shell and remove the meat in one piece. Cut entire length of the tail meat and remove the intestinal canal.

The small claws are attractive for garnishing, and should be reserved.

Creamed Lobster

1 pint lobster meat
4 tablespoons butter
4 tablespoons flour
parsley
salt, pepper, cayenne
2 cups cream
1 red pepper cut in ribbons
1 teaspoon lemon juice

Make a White Sauce of butter, flour, seasonings and cream. Parboil red pepper, add to sauce with lobster meat, reheat, and serve on rounds of buttered toast.

Scalloped Lobster

Use receipt for Creamed Lobster and bake in lobster shell, scallop shells, ramekins, or baking dishes, covered with buttered and seasoned cracker crumbs. Garnish with small lobster claws and parsley.

Deviled Lobster

Prepared same as Creamed Lobster, with addition of one teaspoon each of onion juice, Worcestershire sauce, mustard, few grains of cayenne and a few drops of Tabasco.

Shrimps and Crabs

Shrimps and crabs may be creamed, scalloped, or deviled, like lobster, garnished and served in the same way.

Deviled Crabs

1 cup crab meat
1 teaspoon chopped chives
1 teaspoon mustard
2 egg yolks
salt, pepper
2 tablespoons butter
2 tablespoons flour
¾ cup stock or milk
1 teaspoon Worcestershire Sauce
buttered bread crumbs

Melt butter, add flour, mustard, salt and pepper; when blended, add stock; cook five minutes; add egg yolks, crab meat and chives. Arrange in crab shells or in ramekin dishes. Cover with Worcestershire Sauce and bread crumbs. Bake until crumbs are brown.

Crabs in Red Peppers

8 red peppers
1 pint crab meat
4 tablespoons butter
4 tablespoons flour
1 tablespoon onion
salt, pepper, paprika
mustard, cayenne, nutmeg
1 cup cream

Parboil red peppers. Make a White Sauce with butter, flour, cream and seasonings. Add crab meat, fill peppers with crab mixture, cover with buttered and seasoned soft bread crumbs, and bake until crumbs are brown.

Broiled Live Lobster

Select a heavy lobster. Cut with a quick, sharp thrust the whole length of the body from the mouth down. Remove the stomach and intestinal canal; reserve the liver or tomalley and coral, if there is any. Crack large claws and place on greased broiler, inserting skewers between the sides of the lobster to keep it open. Place in oven for twenty minutes, then broil over hot coals about five minutes. Serve immediately, plain or with Deviled Sauce.

Curried Lobster

a 4-pound lobster	1 cup cream
4 tablespoons butter	1 cup stock
1 tablespoon chopped onion	1 tablespoon Curry
4 tablespoons flour	2 eggs
2 cups cooked rice	salt, paprika

Melt butter; add onion; cook until yellow; add flour, curry, liquid; cook until thickened; add eggs, salt and pepper, and coral, if you have it; strain over lobster meat.

Serve on a bed of rice garnished with parsley.

Lobster Suprême

Prepare the sauce as for Suprême Oysters, substituting two cups of chopped lobster for oysters.

Lobster in Red Peppers

Prepared same as Crabs in Red Peppers, substituting one pint lobster meat for crab meat.

Fried Soft-shell Crabs

Prepare crabs by removing sand bags. Raise apron; cut from crab; remove spongy substance surrounding apron. Wipe; season with salt and pepper; dip in crumbs, egg and crumbs; fry in hot fat about three minutes. Serve immediately with Tartare Sauce.

CHAPTER IV

MEATS

MEAT is expensive; therefore every housekeeper should inform herself in regard to the different cuts in different creatures, and the prices of these cuts.

Various methods are employed in cooking meats; but this fact should be remembered, that all meat should be subjected to a high temperature for a short time, in order to sear the surface and shut in the juices, whatever method of cooking is used.

Tough meats should have long, slow cooking.

Dry meats, like the fillet, should be larded to give flavor.

As a rule, dark meats are more palatable and digestible if cooked rare, and white meats are considered better if thoroughly cooked.

Remove all meats from paper as soon as sent from the market. Set on plate and keep in ice chest or cool place until ready to use.

Never put meat in cold water, but always wipe with a damp cloth to remove any foreign matter, before cooking.

A description of the various meats will be found in the chapter on Marketing.

BEEF

Boiled Beef

The flank is one of the best pieces for boiling.

Select a five-pound piece; wipe; remove membrane, shape, stuff, tie, and skewer. Cover with cloth; place in

kettle ; cover with boiling water ; bring to the boiling point, and cook just below the boiling point five or six hours, or until tender. Simmered beef would be a more correct term than boiled beef, but it is ordinarily known as boiled beef.

Season with salt one half hour before serving. Reserve liquor for making gravies and soups.

Boiled beef should have a rich, highly seasoned gravy served with it.

Braised Beef

An iron, or agate-ware kettle, with closely fitting cover, is absolutely necessary for perfectly cooking braised beef.

Select six pounds of round of beef, or any tough, inexpensive piece. Try out one cup salt pork cubes ; add one cup each of chopped celery, carrot, onion and turnip. Wipe meat ; sprinkle with salt and pepper and dredge with flour. Place meat on bed of vegetables and cook in covered kettle twenty minutes ; add two pints hot water and cook slowly until tender, about four hours, turning meat and basting occasionally. It may be necessary to add more water, for there should be about a pint and a half when meat is cooked. Thicken gravy with four tablespoons flour, blended with two tablespoons butter, added twenty minutes before serving. A bouquet of sweet herbs may be added to improve the flavor.

Fillet of Beef

The tenderloin of beef is known as the fillet.

Trim into shape a fillet of beef weighing about four pounds, removing tendinous portions and veins. Tie and skewer into a pear-shaped piece. Lard top ; sprinkle with salt and pepper, and dredge with flour. Cover the bottom of a small dripping pan with cubes of salt pork. Set trivet on top of pork, and meat on trivet. Bake

from twenty to thirty minutes in hot oven, basting frequently.

Serve with gravy made from fat in pan, flour and hot water. Same as receipt for Brown Gravy, under Roast Beef.

Broiled Fillet of Beef

Cut slices about two inches thick from fillet. Shape in circles. Place on greased broiler and broil over hot coals from four to six minutes, turning every ten seconds. Serve on hot platter; garnish with slices of broiled tomato and brown Mushroom Sauce.

Broiled Fillets of Beef with Oysters

Broil steak according to receipt; place on hot platter; sprinkle with salt and pepper; cover with oysters; dot with butter; and bake in oven until edges of oysters curl. Serve immediately, garnished with parsley and lemon.

Sautéd Fillet of Beef

Sauté steak two minutes. Mix two tablespoons Worcestershire sauce, one half teaspoon salt, one quarter teaspoon mustard, one tablespoon melted butter, and one tablespoon chopped pimolas. Spread on both sides of steak, dip in bread crumbs, and sauté until crumbs are brown.

Corned Beef

Wash beef; place in kettle; cover with cold water; bring to the boiling point, then simmer until tender; allow thirty-five minutes for each pound. Cool partially in water in which it was cooked; place in square pan; apply pressure and serve cold.

Corned Beef Hash

Chop beef; add an equal amount of cold boiled potatoes, chopped; season with salt, pepper and a few drops of onion juice.

Melt one tablespoon butter in an iron frying pan; add beef and potatoes and sufficient milk or hot water to make the mixture quite soft. Cover frying pan and cook slowly until a brown crust is formed. Turn like an omelet on to a hot platter. Garnish with parsley.

Roast Beef

Pieces used for roasting are sirloin, rib, back of the rump, face of the rump, and upper round.

Eight to ten minutes a pound should be allowed for cooking the meat moderately rare.

Wipe the meat; place on rack in dripping pan; dredge meat and pan well with flour, then sprinkle well with salt and pepper.

Cook in hot oven for fifteen minutes, until flour is well browned. Reduce heat and continue roasting, basting every ten minutes until cooked.

Baste with fat tried out from the meat. If that is not sufficient, add beef suet, beef drippings, or butter.

Avoid the use of water in the pan, as by its use the meat is steamed rather than roasted.

Serve with brown gravy, made by browning four tablespoons of fat from the pan, adding four tablespoons flour. When brown, add one and one half cups water or beef stock and cook five minutes.

Yorkshire Pudding

2 cups milk	½ teaspoon salt
2 cups flour	4 eggs

Beat eggs; add flour and salt, gradually; continue beating. Add milk and continue beating five minutes. The mixture should be perfectly smooth. One half hour before meat is done, pour this mixture into dripping pan under meat and baste when basting meat, turning pan that pudding may be golden brown throughout.

Yorkshire pudding cooked in this way is considered by many to be too rich. A very good substitute is obtained by cooking in hissing hot gem pans, thirty minutes.

Serve pudding, cut in squares, on platter around beef.

Spiced Beef

Wash and wipe six pounds of any inexpensive piece of beef; cover with boiling water; bring to the boiling point, then simmer until meat is tender, adding, the last hour of cooking, one cup each of carrot and onions, a bouquet of sweet herbs tied in a bag, pepper, and one half tablespoon salt. Remove meat and reduce liquid to one and one half cups.

Shred meat, add liquid, and press in bread pan, packing closely. When cold serve in thin slices.

Stewed Beef

Cut beef taken from the round in small squares; cover with boiling water, and simmer until meat is tender, four or six hours. Season with salt and pepper one hour before serving. Remove meat and thicken liquid, allowing one and one half tablespoons of flour for each pint of liquid.

Pot Roast

Wipe a six-pound piece of beef; put into hot frying pan, and sear until brown; then lard the upper surface. Place in tightly covered kettle or bean pot; add one cup of water. Cook slowly in oven until meat is tender, keeping only enough water in kettle to prevent burning. When nearly done, sprinkle with salt and pepper. Serve with a Brown Gravy made with water in the pan.

Beef Ragoût

Wipe three pounds from the flank or round. Cut into small cubes; dredge with salt, pepper and flour. Brown meat in hot frying pan, being careful to avoid burning.

Remove meat to kettle with close-fitting cover. Brown four tablespoons butter; add four tablespoons flour, and continue browning; add one and one half cups stock or water, one half cup each of carrot and onion; season with salt and pepper and simmer one and one half hours.

Broiled Beefsteak

Use a slice cut from the rump, round, or sirloin, cut one and one half inches to two and a half inches thick. Wipe meat; place on hot broiler, and broil over a clear fire from five to ten minutes, turning every ten seconds. Serve on a hot platter, spread with butter, and season with salt and pepper.

If there is a large amount of fat on the steak, be sure it is well browned before serving.

Beefsteak smothered in Onions

1 dozen small onions
1 slice porterhouse steak, cut thick
salt
pepper

Heat a frying pan hissing hot. Put in beefsteak, searing first on one side, then on the other; cook five minutes; season with salt and pepper; add onions which have been cooked one half hour in boiling salted water. Cover and simmer twenty or thirty minutes.

Remove steak to platter, spread with butter, and season with salt and pepper. Season onions with salt, pepper, and butter, and serve around steak.

Hamburg Steak à la Tartare

1 pound round steak
2 ounces beef suet
¼ cup chopped onion
¼ cup bread crumbs
salt and pepper

Put meat and suet through meat chopper; add finely chopped onion, and season with salt and pepper. Shape

in balls; roll in crumbs, and broil over a clear fire, or pan-broil. Serve on hot platter with brown gravy, Tomato Sauce, or Spanish Sauce. Garnish with parsley.

VEAL

Roast Veal

Six pounds of veal taken from the leg, from the loin, or from the breast.

Skewer meat into shape; dredge with flour, and sprinkle with salt and pepper. Cover top with slices of salt pork. Allow twenty minutes to the pound, bake in a hot oven, and baste every ten minutes with fat from the pan. If there is not sufficient fat in the pan, try out some pork on top of the stove and use that for basting.

Remove pork slices from top of meat one half hour before it is done, and brown.

A gravy may be made from the fat in the pan, same as Brown Gravy.

Roast Veal Stuffed

Select a shoulder of veal and have the bone removed; stuff with same stuffing used for Baked Fish, adding one cup chopped mushrooms. Sew up stuffed meat and roast same as Roast Veal.

Veal Fricassee

Cut meat in small pieces, sauté in melted butter. Cover meat with boiling water and cook slowly until meat is tender.

Melt four tablespoons butter or pork fat. When brown, add one fourth cup flour browned, and four cups of water in which veal was cooked. Season with salt, pepper, onion juice and lemon juice.

Just before serving add one fourth cup cream, or two tablespoons butter.

Serve veal in center of hot platter and surround with hot sauce. Garnish with parsley.

Dumplings may be served with this fricassee, in which case it is ordinarily called a stew.

Veal Cutlets

Choose only the tenderest of veal for cutlets. Cut meat from leg, shape either in individual cutlets or one large cutlet. Cover veal with oil and let it stand one hour. Drain; cover with boiling water and simmer until tender, having only sufficient water in stewpan to keep cutlets from burning. Remove from stewpan; cool; sprinkle with salt and pepper, dredge with flour, dip in egg and crumbs, and sauté in pork fat or fry in deep fat.

Serve on hot platter with Brown Sauce, Tomato Sauce, or Mushroom Sauce.

Loin of Veal à la Jardinière

a 6-pound loin of veal
1 cup salt pork cubes
1 cup potatoes
1 cup carrots
2 cups green peas
1 cauliflower
1 cup onion
4 tablespoons butter
4 tablespoons flour
salt, pepper and lemon juice

Remove the bone from veal; wipe meat, and season with salt and pepper. Roll and tie in shape.

Cook bones in water to cover, one hour. Melt butter; add vegetables, except potatoes, peas and cauliflower; cook five minutes. Try out salt pork; add veal, and brown.

Place veal in dripping pan; surround with pork fat, onion and carrot, and cook three hours. To the melted butter add flour. When well blended, add water in which bones were cooked.

Season with salt, pepper and lemon juice. Cook cauliflower, peas and potatoes separately in boiling salted

water. Place cooked meat in center of platter, pour over sauce, and arrange vegetables in mounds around the meat.

Braised Veal

Use rule for Braised Beef, substituting six pounds of the shoulder of veal.

Veal Chops

Wipe chops taken from the rack of veal; make an incision, and put in a few drops of onion juice, lemon juice, salt and pepper. Dip in flour, egg and crumbs, and sauté in pork fat until tender. Serve on hot platter with Tomato Sauce and parsley.

MUTTON AND LAMB

Boiled Mutton

Trim off the outside fat from a fore quarter or loin. Place in kettle; cover with boiling water and cook until tender, allowing fifteen minutes to the pound. Serve with Caper Sauce made from the water in which mutton was boiled. Reserve the remainder of the water for soup for next day.

Roast Mutton

The leg, loin, saddle, and shoulder are used for roasting.

Allow twelve minutes to the pound, if liked rare, fifteen if desired well done, basting every ten minutes.

To roast a leg of mutton, first remove the pink outer skin, as this contains the strong flavor. Never roast with the caul left on. The bone from the leg may be removed and the cavity stuffed and edges sewed; or the leg may be roasted without removing bone. In either case wipe meat, dredge with flour, sprinkle with salt and pepper, and place on rack in dripping pan. Dredge pan with flour, and if the mutton flavor is desired, place pieces of mutton fat in the pan, or salt pork may be substituted.

Braised Mutton

Remove the bone from the leg or fore quarter. Stuff and follow rule for Braised Beef.

Ragoût of Mutton

Use breast or fore quarter of mutton, or cold cooked mutton, and follow receipt for Beef Ragoût.

Roast Saddle of Mutton

The saddle is what the name implies — the back. In large pieces the tail is included.

Wipe meat; remove pink skin, kidneys and fat. Fold flanks inside and tie in shape. Place on rack; dredge meat and pan with flour, and sprinkle with salt and pepper. Cook in hot oven; allow ten minutes to the pound basting frequently.

Serve with Currant Jelly Sauce.

Crown Roast

Or Rack of Mutton. Prepare the loin as for French chops and arrange like a crown, rolling the loin backward. Tie securely. Cover each chop bone with thin strip of salt pork to prevent burning. Place on rack in dripping pan with a bowl in center of the crown to preserve its shape. Dredge with flour, sprinkle with salt and pepper, basting frequently, and allowing nine minutes to the pound for roasting.

Serve on hot platter, with potato balls, green peas, French fried potatoes, or purée of chestnuts in center of crown. Paper frills on chop bones and parsley around the base.

Breaded Lamb or Mutton Chops

Prepare loin or French chops as for broiling. Dip in crumbs, egg and crumbs and fry in deep fat. Drain on brown paper and serve.

Stuffed Lamb or Mutton Chop, with Spanish Sauce

Prepare French chops. Cut through meat to the bone, making a pocket; fill pocket with Mushroom Mixture; close with skewer; and broil.

Mushroom Mixture

Melt two tablespoons butter, add two tablespoons flour, one tablespoon finely chopped onion, one half cup chopped mushrooms, one teaspoon salt, and cream to make of consistency to shape. This is sufficient to stuff eight chops.

Lamb Chops with Soubise Sauce

Prepare eight French chops. Sprinkle with salt and pepper, spread with Soubise Sauce, and broil.

Soubise Sauce

Melt two tablespoons butter; add two tablespoons flour, one half teaspoon salt, three small onions which have been boiled and pressed through a sieve, a dash of cayenne, and sufficient cream to make of consistency to spread.

Baked Chops Soubise

Prepare as for Broiled Chops with Soubise Sauce; dip in buttered crumbs; wrap in buttered paper cases. Bake thirty minutes in hot oven. Serve with Tomato or Olive Sauce.

Lamb or Mutton Chops

Wipe chops, shape, place on broiler, and cook over a clear fire, turning every ten seconds, allowing eight minutes for chops cut one inch thick.

Serve on hot platter. Sprinkle with salt and pepper and spread with butter.

Arrange chops in circle, overlapping each other, or around a mound of vegetables.

Broiled French Chops

Lamb or mutton chops trimmed of superfluous fat, the bones scraped and cut uniformly, are called French Chops. Broil like Lamb or Mutton Chops.

Broiled Loin Chops

Trim loin chops, skewer in rounds, and proceed as with Broiled French Chops.

Pan-broiled Chops

Prepare as for Broiled Chops. Heat frying pan hissing hot; place chops in pan. Do not grease pan. Sear one side and then the other, and continue turning every ten seconds, for five minutes if liked rare, and eight minutes if liked well done.

PORK

Roast Pork

Select spareribs, loin, or shoulder for roasting. Wipe meat; place on pan; dredge meat and pan with flour. Sprinkle with salt and pepper.

Bake in a moderate oven, allowing twenty-five minutes to the pound.

Serve with cooked apples in some form — Apple Sauce, Apple Jelly, or Fried Apples.

Roast Little Pig

Clean, wipe, and stuff a three-weeks-old pig. Skewer into shape; place on rack in pan; rub with butter, dredge with flour, and sprinkle with salt and pepper.

Place in moderate oven; when heated through increase heat, baste every ten minutes with melted butter, turning often to cook and brown uniformly.

Cook from three to four hours, according to size of pig.

Serve on hot platter on a bed of parsley. Garnish with Apple Sauce in red apple shells, lemon and parsley.

Broiled Pork Chops

For broiling, chops should be cut very thin and broiled at least fifteen minutes, holding the broiler some distance from coals, to avoid burning.

Baked Pork Chops

Prepare as for Broiled Pork Chops and cook in hot oven twenty minutes, turning when half cooked.

Sautéd Pork Chops

Cook hops in hissing hot frying pan in small amount of fat. Drain and serve.

Broiled Ham

Cut ham very thin, cover with cold water, heat slowly to the boiling point. Drain, dry, and broil.

Boiled Ham

Select a medium-sized ham; soak over night in cold water. Clean and wipe; cover with cold water; bring to the boiling point, and then simmer until tender, allowing thirty minutes to the pound. Cool in water in which it was cooked. Take off the skin, sprinkle with sugar, and cover with seasoned cracker crumbs. Bake twenty to thirty minutes. Decorate with cloves, garnish with parsley and lemon, and serve hot or cold.

A more aromatic flavor is given to the ham if a bouquet of sweet herbs and one half cup each of onions, carrots, and turnips are boiled with it. Many baste the ham, when baking, with cider.

Broiled Bacon

Lay thin slices of bacon on a hissing hot frying pan. When transparent, turn. When dry and crisp, drain and dry on brown paper.

Bacon cooked in the Oven

Place thin slices on broiler and cook over dripping pan in hot oven. This method requires more time, but is much more wholesome.

Sausages

Buy the best. Pierce several times with skewer. Cook in hot frying pan in hot oven, fifteen to twenty minutes. Many prefer to cover sausages with boiling water after piercing and boil twenty minutes, then brown in frying pan on top of range. Always drain on brown paper before serving. Serve around a mound of mashed browned potatoes.

POULTRY

Boiled Chicken

Clean, stuff, truss, and wrap chicken in cheese cloth; cover with boiling water, and cook until tender, below the boiling point. Serve on hot platter, sprinkle with chopped parsley, and garnish with Oyster Sauce.

Allow twenty minutes to the pound for cooking.

Braised Chicken

Braised chicken is generally a fowl.

Wipe, stuff, sew, skewer, and place on rack in kettle with tight-fitting cover.

Place six slices of salt pork on bottom of kettle, add one fourth cup each, carrot, onion, turnip, and celery, bit of bay leaf, sprig of parsley, one teaspoon peppercorns, two teaspoons salt, and three cups boiling water.

Cover kettle, and cook in oven three to four hours,

always keeping enough water in kettle to prevent vegetables from burning. When fowl is tender, brush over with melted butter, dredge with flour, and brown in oven.

Serve with gravy and vegetables pressed through sieve. Garnish with parsley.

Broiled Chicken

Clean, wipe, and split down the back, a young chicken. Sprinkle with salt and pepper; place on greased broiler, and cook over dripping pan in hot oven twenty minutes. Remove from oven, and broil over clear fire until golden brown. Remove from broiler, spread with melted butter, sprinkle with chopped parsley, and serve on hot platter on bed of water cress.

Sautéd Chicken

Cut chicken in pieces for serving. Dip in water, sprinkle with salt and pepper, dredge with flour. Try out two tablespoons salt pork cubes. Cover bottom of frying pan with pieces of chicken. Cook until a delicate brown on one side, then turn and brown on the other. Drain on brown paper.

Take three tablespoons of fat from the pan, brown, add three tablespoons flour and brown, add one fourth teaspoon each of salt, nutmeg and paprika, and a cup and a quarter of cream. Cook five minutes, pour around chicken, and garnish with parsley and toast points.

Fried Chicken

Cut chicken in pieces for serving; dip in milk, sprinkle with salt and pepper, dip in flour or in crumbs, egg and crumbs, and fry in deep fat. Drain on brown paper; serve on slices of buttered toast with Béchamel Sauce, Allemande, or Mushroom Sauce.

Baltimore Chicken

Cut chicken in pieces for serving; sprinkle with salt and pepper, dip in egg, and crumbs taken from the center of the loaf; arrange in baking dish, baste with melted butter, and cook in hot oven twenty to thirty minutes.

Arrange on a hot platter; garnish with thin slices of crisp bacon, parsley and Cream Sauce.

Chicken fried in Batter

Cut chicken in pieces for serving, cover with Fritter Batter, and cook in deep fat. Drain on brown paper. In order that chicken in batter be cooked sufficiently, the bird must be young and tender.

Cold chicken meat may be dipped in the same batter and fried.

Creole Chicken

Cut a chicken in pieces for serving; season with salt and pepper. Melt four tablespoons butter, add one fourth cup finely chopped onion, chicken, and sauté until golden brown. Remove chicken; add four tablespoons flour, two cups chicken stock, two cups stewed tomato, one red pepper finely chopped, one half cup celery, and salt to taste. Replace chicken in sauce, and simmer until tender.

Arrange on dish; surround with sauce; garnish with cooked macaroni and parsley.

Chicken Fricassee

Cut chicken in pieces for serving, season with salt and pepper, brown in butter or pork fat. When golden brown cover with boiling water; add six cloves, a bit of bay leaf, a sprig of parsley, and simmer until tender.

Melt four tablespoons butter, add four tablespoons flour, and two and one half cups water in which chicken was cooked. Cook ten minutes; add one cup cream or two egg yolks.

Arrange chicken on platter, pour sauce around, and garnish with toast and parsley.

If a brown sauce is preferred, brown the butter and brown the flour, adding one more tablespoon.

Chicken Pie

Cut a chicken in pieces for serving. Melt four tablespoons butter or use the same quantity of pork fat. Add one fourth cup onion, a sprig of parsley, bit of bay leaf, four cloves and one tablespoon salt.

Put in chicken and cover with boiling water; cook until tender. Arrange chicken in baking dish; cover with strained and thickened stock. Cover whole dish with mashed potato or pastry crust. Bake until potato is brown or crust is done.

Old-fashioned English Chicken Pie

Cover chicken, cut in pieces for serving, with boiling water, add two sprigs of thyme, one sprig of marjoram, bit of bay leaf, two sprigs parsley, tied in a bag. Simmer gently until tender.

One half hour before chicken is done, add one half pound bacon cut in small pieces.

Arrange on the bottom of baking dish slices of hard-cooked eggs, cover with sautéd mushrooms, then a layer of chicken meat, and continue until dish is filled. Add three cups of sauce made from the liquor in the pan and thickened with two tablespoons butter and four tablespoons flour cooked together; reheat in oven, and garnish with pastry points cut in the shape of triangles, and parsley, and serve.

Roast Boned Chicken

Bone according to direction for boning chicken. Stuff until plump with forcemeat, sew, press body into natural

shape, truss, sprinkle with salt and pepper, dredge with flour, and follow directions for Roast Chicken, allowing twenty minutes for each pound.

Roast Chicken

Remove pinfeathers, singe, take out tendons, draw skin back from neck, cut off neck close to body, cut out oil bag. Make an incision between the legs, running from the breastbone down, and through this opening draw the entrails.

If care is taken, all of the internal organs can be removed at once by separating the membrane inclosing the organs from the body.

Draw windpipe and crop through the neck opening. Never make an incision in the breast.

Wash inside of bird with cloth wrung out of cold water, removing all clots of blood. Wipe, stuff, sew up openings, truss, sprinkle with salt and pepper, dredge with flour, place on rack in dripping pan, and cook fifteen minutes in very hot oven. Then dredge pan with flour, reduce heat, and baste every ten minutes until chicken is done, turning often.

Allow fifteen minutes to the pound for roasting.

Roast Capon

Prepare the same as Roast Chicken, allowing twelve minutes to the pound for roasting.

Stuffing for Roast Chicken

2 cups soft bread crumbs
¼ cup melted butter
1 tablespoon poultry seasoning
few drops onion juice
salt and pepper
1 teaspoon chopped parsley
hot water

Mix ingredients in order given. If a moist stuffing is desired, add hot water until of the right consistency; but

many prefer a dry stuffing. For a stronger flavor of onion, cook one tablespoon chopped onion in butter and add to crumbs.

Chestnut Stuffing

Press meat from one quart boiled chestnuts through purée sieve. Moisten with butter, and season with salt and pepper.

Oyster Stuffing

2 cups cracker crumbs	1 tablespoon salt
1 tablespoon chopped onion	1 teaspoon pepper
1 pint oysters	1 tablespoon chopped celery
¼ cup butter	½ cup boiling water or hot milk

Parboil oysters, dip in melted butter, add remaining ingredients, and use for stuffing chicken, turkey, or goose.

Potato Stuffing

2 cups hot mashed potato	1 teaspoon poultry seasoning
¼ cup salt pork cubes	salt and pepper
2 tablespoons onion	1 cup cooked sausages cut in pieces

Cook the onion and the pork until yellow; add remaining ingredients. Use for stuffing chicken, turkey and goose.

Roast Green Goose

A green goose should never be more than four months old. Dress same as chicken. If strong, wash out with soapsuds, and carefully rinse in several waters.

Stuff, truss, sew, flatten the breastbone, and roast the same as chicken. Allow eighteen minutes to the pound for roasting.

If the goose is more than four months old, it is better to braise than roast it. But if roasted, allow twenty-five minutes to the pound.

Roast Tame Duck

Prepare same as chicken; stuff with chopped celery. Allow ten minutes to the pound for duckling and twenty for an old duck.

Roast Turkey

Dress, clean, and stuff turkey and follow directions for Roast Chicken. Some prefer to rub the surface of the turkey with butter and flour creamed together instead of dredging with flour.

English Roast Turkey

STUFFING

Melt two tablespoons butter, add one tablespoon chopped onion, three cups soft bread crumbs, chopped liver and heart, one teaspoon salt, one teaspoon poultry seasoning, one tablespoon chopped pickles, and one quarter teaspoon pepper.

Prepare turkey for roasting; stuff, sew, truss. Bake in hot oven, allowing fifteen minutes to the pound. Baste frequently. Dredge and season twice during cooking.

Boned Turkey

Boned Turkey is prepared in the same way as Boned Chicken.

GAME

WILD DUCK

Roasted Canvasback or Redhead

The heads of wild duck are usually left on when cooked. Make a slit in front of the wishbone. Clean the bird; remove entrails, crop and windpipe; draw the head through the neck opening. Truss, sprinkle with salt and pepper inside and outside. Bake in a very hot oven

eighteen to twenty minutes, basting with hot water during cooking. If the strong flavor of wild duck is objectionable, cook an onion or an apple in the cavity, removing it before serving.

Serve with the wild duck, fried crescents of rice or hominy and Currant Jelly.

Ruddy Duck, Butterballs, Bluebills, Broadbills, Teals, Coot, Grouse, Partridge, Prairie Chicken, Quail, Woodcock, Reedbirds and Pheasants are roasted in the same way as Wild Duck, or are broiled the same as Broiled Chicken. The small birds are usually served on pieces of buttered toast and garnished with water cress, parsley and a highly seasoned sauce.

Potted Pigeon

Truss four pigeons, tie two slices of bacon around each pigeon. Put one cup each of carrot and onion, cut in dice, in the bottom of a stewpan; place pigeons on vegetables; add two cups water or stock, cover, and cook in oven until pigeons are tender. One half hour before serving add one teaspoon salt. Serve on buttered toast.

Roast Venison

Lard a saddle of venison, sprinkle with salt and pepper, dredge with flour. Place in dripping pan and baste with melted butter. Allow ten minutes to the pound for roasting. Serve with Madeira or Currant Jelly Sauce.

Venison Steak or Chops

Broiled or pan-broiled same as beefsteak or lamb chops, and serve with some acid sauce.

CHAPTER V

VEGETABLES

ALL green vegetables should be washed in cold water and cooked in boiling water. Salt may be added first or last according to preference. Allow one tablespoon salt to each quart of water.

The time required for cooking depends upon the age and freshness of the vegetables.

Time Table for boiling Vegetables

Artichokes	45 to 60 minutes
Asparagus, young	15 to 20 minutes
Asparagus, old	30 to 50 minutes
Beans, fresh	1 to 2 hours
Beans, dried	2 to 4 hours
Beets, young	60 minutes
Beets, old	3 to 5 hours
Brussels sprouts	15 to 20 minutes
Cabbage, young	30 minutes
Cabbage, old	2 to 3 hours
Carrots, young	30 minutes
Carrots, old	1 to 2 hours
Cauliflower	30 to 60 minutes
Corn	5 to 20 minutes
Dandelions	2 to 3 hours
Onions	60 to 90 minutes
Parsnips	1 to 2 hours
Peas	20 to 40 minutes
Potatoes	30 minutes
Salsify	30 to 60 minutes
Squash, summer	20 to 60 minutes
Squash, winter	60 to 90 minutes
Spinach and other greens	20 to 60 minutes
Sweet potatoes	30 to 60 minutes
Turnips	40 to 60 minutes

Globe Artichokes

Soak in cold water. Remove lower leaves and cut ends of others. Cook in boiling salted water forty-five minutes or until the leaves pull out. Drain. Serve with Béchamel or Hollandaise Sauce or with Drawn Butter.

Scalloped Globe Artichokes

2 cups chopped artichokes 2 cups White Sauce
1 cup buttered crumbs

Arrange in a scallop dish and bake until crumbs are brown.

Jerusalem Artichokes

Wash and scrub. Cook in boiling salted water. Serve with melted butter or White Sauce. They may be marinated with French Dressing and served cold.

Asparagus

Wash stalks, snap off all white tough part. Tie in bunch. Cook in deep kettle of boiling salted water. Stand bunch upright for the first ten minutes. Cook twenty to thirty minutes. Drain. Serve on buttered toast, spread with butter, and sprinkle with salt and pepper. White Sauce or Hollandaise may be served.

The asparagus may be broken in inch pieces, cooked until tender, mixed with White Sauce, and served on toast.

Shelled Beans

Cook in boiling water until tender. Add salt after the first hour. Time of cooking depends upon age of beans. Drain. Serve with butter or cream or White Sauce. Lima, kidney, or agricultural beans may be cooked in this way.

String Beans

Remove all strings. Cut in inch pieces. Wash, cook in boiling water fifteen minutes. Add salt and cook until tender. Drain, add butter, salt and pepper. A piece of salt pork cooked with beans is considered by many an improvement.

Brussels Sprouts and Cabbage

Remove outside leaves and soak in cold water for half an hour. Drain. Cook in boiling salted water until tender, changing the water at least once during cooking. Serve Brussels sprouts whole with butter and salt or with White Sauce. Chop the cabbage when cooked, season with salt, pepper and butter, reheat and serve, or mix one cup cabbage with one cup White Sauce, cover with buttered crumbs and bake until brown.

Kohl Slaw

Shred cabbage finely. Soak in acidulated water. Drain, and cover with Cream Dressing. Serve very cold.

Beets

Scrub beets, but do not break skin. Cook in boiling water — young beets about an hour, old beets until tender. Slip skins off as soon as taken from stove. Serve hot with butter, salt and pepper. Serve cold beets for garnishing Potato Salad.

Carrots

Wash, scrub, and scrape. Cook in boiling salted water. Drain, cut in slices, and serve with White Sauce; or they may be cut lengthwise and sautéd in butter.

Cauliflower

Cut stalk close to flower, remove green leaves and soak in cold salted water one hour. Cook in cheese cloth bag

thirty to forty minutes. Remove from bag and serve with Hollandaise or White Sauce, or scalloped with White Sauce and crumbs.

Celery

Celery is usually eaten raw as a relish. Or it may be scraped, cut in inch pieces, cooked until tender, and served in a White Sauce, or drained and fried in deep fat. It may also be scalloped with chopped red pepper, White Sauce and crumbs.

Cucumbers

Generally served sliced thinly and eaten raw. But if too old to serve in this way, they may be pared, cut in quarters, boiled, drained, mashed, and seasoned with salt and pepper.

Or they may be cut in quarters, dipped in batter, and fried in deep fat.

Corn

Remove husks and silk. Cook in a small amount of water from five to twenty minutes. Cover while cooking with the inside green husks. Serve on the cob; or cut from the cob and serve with salt, pepper and butter.

Corn may be made into fritters (see receipt) or mixed with beans for succotash. Also served as pudding mixed with eggs and milk.

Greens

Beet tops, dandelions, spinach, Swiss chard, young cabbage sprouts, cowslips, may all be prepared in the same way. Wash in many waters until all grit and sand are removed. Cook in boiling salted water until tender. Drain, chop, and serve with butter and salt. Lettuce may also be cooked and served in this way. Garnish greens with hard-cooked eggs.

Egg Plant

Cut in slices one half inch thick. Remove skin, sprinkle with salt, pile slices one on another, cover with plate and weight, let stand over night. Drain, wash in cold water. Dry, dip in crumbs, egg and crumbs, or in batter, and fry in deep fat.

Lentils

Soak over night and cook in boiling water until tender. Mash, season with salt, pepper and butter, and serve ; or make in balls and sauté in butter.

Okra

Wash, cut off ends of pods, cover with boiling salted water, and cook until tender. Season with butter, salt and pepper. Okra is more often stewed or scalloped with tomato than served plain.

Onions

Peel, cover with boiling salted water. Change water every ten minutes until tender. Drain, and add milk to cover. Reheat, season with butter, salt and pepper ; or serve with White Sauce ; or scallop with White Sauce and crumbs ; or stuff. When boiled, remove hearts, and fill the space with finely chopped peppers. Surround with White Sauce. Bake, and baste with butter.

Salsify, or Oyster Plant

Scrape, wash, and cook until tender. Drain, mash, season, and sauté in butter ; or cut in inch lengths, dip in Fritter Batter, and fry in deep fat.

Parsnips

Wash, scrape, and cook in boiling salted water until tender. Cut in halves, spread with salt and butter, and serve hot ; or mash, season, and sauté in butter.

Stuffed Peppers

See receipts under head of Vegetable Entrées.

Boiled Macaroni

Break in inch pieces and wash. Cook in boiling salted water until tender. Drain, season with salt, pepper and butter, and serve hot.

Macaroni with Sauce

Prepare as for Boiled Macaroni. Drain, and reheat in Cream Sauce, Tomato Sauce, or Béchamel Sauce.

Baked Macaroni

Prepare boiled macaroni. Drain, arrange in layers in a buttered baking dish with White Sauce and cheese. Cover with buttered crumbs, and bake until crumbs are brown.

Macaroni Baked with Tomatoes

Arrange layers of cooked macaroni, stewed and seasoned tomato, and chopped green pepper. Dot each layer with butter. Cover all with buttered cracker crumbs. Bake in hot oven.

Boiled Rice

Wash one cup rice and drain. Fill a four-quart saucepan one half full of boiling salted water. Place on hottest part of range. When boiling rapidly, sprinkle in the rice slowly, not to stop the boiling. Cook until tender, adding more water if needed. Drain in a colander, and place in the open oven to dry.

Rice cooked in this way will have every grain separate.

Summer Squash

Wash and cut in quarters. Cook in boiling salted water until tender. Drain in cheese cloth. Add butter, salt and pepper. Reheat and serve.

Winter Squash

Cut squash, remove seeds, and steam or boil until soft. Remove squash from shell. Add butter, salt and pepper. Reheat and serve.

Baked Squash

Cut in pieces for serving. Remove seeds and stringy portion, brush with molasses, season with salt and pepper. Bake until soft, add butter, and serve in shell.

Broiled Tomatoes

Cut tomatoes in halves. Sprinkle each half with salt, pepper and fine bread crumbs, and broil five minutes. Slip on to hot platter, dot with butter, place in the oven for five minutes. Serve hot.

Fried Tomatoes

Cut tomatoes in quarters lengthwise ; season with salt and pepper, dip in batter, and fry in deep fat.

Sautéd Tomatoes

Slice tomatoes ; season with salt and pepper. Dip in crumbs, egg and crumbs, and sauté in hot frying pan. Serve on hot buttered toast.

Scalloped Tomatoes

Arrange in layers canned tomatoes and bread cut in cubes, sprinkle each layer with salt and pepper, dot with butter. Bake one half hour. For variety rub dish with onion before putting in tomato.

Stuffed Tomato

Cut a thin slice from smooth end of tomatoes. Scoop out pulp, mix with an equal quantity of cold cooked rice, macaroni, or bread crumbs. Add salt, pepper, butter and

a few drops of onion juice. Refill tomato shells, cover with tops, and bake one half hour.

Peas

Cook peas in boiling water. Use just enough water to keep them from burning. Add salt fifteen minutes before taking them from the fire. Season with butter and pepper.

Peas may be used for croquettes or may be used with White Sauce and served in Croustade Cases.

Equal quantities of chopped carrots and peas served together are delicious.

Turnips in White Sauce

Wash and pare ; cut in pieces. Cook, mash, and season; or cut in cubes, cook in boiling salted water until tender, and serve in White Sauce.

Boiled Potatoes

Potatoes may be boiled with skins on, or may be pared and boiled in salted water. Old potatoes should be soaked in cold water at least an hour. Potatoes should be boiled gently and not furiously.

When tender, drain thoroughly, dry on back of range. Shake saucepan, cover with coarse towel until ready to serve.

Serve in open vegetable dish, never in a closed one.

Mashed Potatoes

Cook potatoes in boiling salted water. Drain, mash. To each cup of mashed potato, allow one tablespoon butter, one half teaspoon salt, one eighth teaspoon pepper, and hot milk to make of creamy consistency. Beat with a fork until light.

Potato Balls

Add to one pint hot mashed potatoes, one eighth teaspoon celery salt, one teaspoon chopped parsley, salt, pepper, and butter to taste, and enough hot milk to make of consistency to shape. Form into smooth round balls, bake in hot buttered pan ; or sauté in butter ; or fry in deep fat. Or they may be sautéd in sausage fat, which gives an appetizing flavor.

Creamed Potatoes

Cut two cups cold boiled potatoes in very thin slices, or in cubes. Add one cup White Sauce. Season highly and reheat in double boiler. Serve in hot dish sprinkled with finely chopped parsley.

Stewed Potatoes

Mix two cups potato cubes with two tablespoons butter, two cups milk, salt and pepper.

Dredge with two tablespoons flour and cook twenty minutes in double boiler.

Scalloped Potatoes

Mix two cups potato cubes with two cups White Sauce, cover with buttered bread crumbs, and bake thirty minutes in hot oven. A few drops onion juice may be added.

Lyonnaise Potatoes

Melt two tablespoons butter. Add one tablespoon finely chopped onion. When onion is yellow, add two cups potato cubes. Season with salt and pepper, cook until potatoes are heated through, and sprinkle with finely chopped parsley, and serve.

French Fried Potatoes

Pare small raw potatoes, divide in halves, and cut each half in three pieces; cover with boiling water and let stand three minutes. Drain dry between cloths, and cook in frying basket in hot fat ten minutes. Drain, sprinkle with salt, and serve.

Potato Chips

Slice raw potatoes, cover with cold water, and let soak over night. Drain dry between towels and fry in frying basket in hot fat about ten minutes. Drain and sprinkle with salt. Care must be used when lowering the basket into the hot fat, as the potatoes contain so much water it causes violent ebullition.

Potato Puff

Prepare two cups hot mashed potato. Add one half cup milk, two well-beaten yolks, two tablespoons butter. Salt and pepper to taste. Beat well; add beaten whites of two eggs. Pile lightly in buttered baking dish and bake until puffed and brown.

Hashed Brown Potatoes

Sprinkle two cups cold boiled potato cubes with salt and pepper. Melt one tablespoon butter; add one tablespoon flour and one half cup brown stock. Cook five minutes; add potato cubes; cook ten minutes, stirring, without breaking potatoes. Melt one tablespoon butter in another frying pan. When brown, turn in potatoes, spread evenly, and cook ten minutes; fold like an omelet, and serve hot.

Stuffed Potatoes

Bake six potatoes. When done, cut a lengthwise slice; scoop out the potato with a spoon. Mash; add one tablespoon butter, salt, pepper, one half cup milk, and two egg-

whites beaten stiff. Refill skins with this mixture. Pile lightly, do not smooth, and bake until potatoes are puffed and brown.

French Potato Balls

Cut two cups of potato balls with French potato cutter. Parboil ten minutes, drain, and fry in deep fat.

Potatoes à la Maître d'Hôtel

Cook two cups potato balls in boiling water until tender. Drain, and serve with Maître d'Hôtel Butter.

Italian Potatoes

Mix two cups hot mashed potatoes, one teaspoon onion juice, one tablespoon finely chopped parsley, one egg yolk well beaten, four stiffly beaten whites, one half cup grated cheese, and salt and pepper to taste. Pile lightly in baking dish and bake until brown.

Franconia Potatoes

Pare six medium-sized potatoes ; parboil five minutes. Place on grate under roast beef. Baste with beef fat, and bake from twenty to thirty minutes, turning often.

Baked Potatoes

Wash and scrub six potatoes of uniform size. Place in dripping pan, and bake in hot oven forty-five minutes to one hour, turning when half done. Pierce with skewer, and serve immediately.

Browned Sweet Potatoes

Cut cold boiled sweet potatoes in lengthwise slices, sprinkle with salt and pepper. Brush with butter and sprinkle with brown sugar. Brown in hot oven.

Southern Sweet Potatoes

Cut cold boiled sweet potatoes in lengthwise slices. Arrange in layers in buttered baking dish. Cover each layer with brown sugar, dot with butter, sprinkle with salt and pepper, add one cup boiling water, and bake in hot oven.

Stewed Tomatoes

Wipe one quart tomatoes, plunge into boiling water, let stand two minutes, remove skins. Cut in pieces. Cook slowly twenty to thirty minutes. Season with butter, salt and pepper and cook five minutes longer. A few drops of onion juice and one half cup crackers, added when the seasonings are put in, give a variety.

CHAPTER VI

CEREALS

Suggestions for Cooking Cereals

Mix the cereal very gradually with the amount of boiling salted water, and cook in double boiler until done. To hasten the cooking, cook in single boiler or saucepan for the first part of the time, stirring constantly to keep grain from sticking.

As a rule, cook steam-cooked cereals twice the time given on the package.

Coarse cereals, like rice and hominy, should be cooked in a large quantity of water, and stirred as little as possible.

Fine cereals, like wheatena, wheat germ, and others, are more easily kept from lumping by first mixing them with a small amount of cold water, and then adding to the boiling water.

Rolled Oats

1 cup rolled oats $1\frac{3}{4}$ cups boiling water
1 teaspoon salt

Mix all ingredients, and cook in double boiler thirty minutes to one hour.

Old-fashioned Oatmeal

1 cup oatmeal 4 cups boiling water
$1\frac{1}{2}$ teaspoons salt

Mix ingredients, and cook in double boiler six to eight hours.

Boiled Hominy No. 1

1 cup hominy (fine) 4 cups boiling water
1½ teaspoons salt

Cook all ingredients, stirring occasionally, for one hour.

Boiled Hominy No. 2

1 cup coarse hominy 8 cups boiling water
2 teaspoons salt

Mix ingredients and cook six to eight hours, or, instead of boiling, cook in double boiler all day.

Cracked Wheat

1 cup wheat 5 cups boiling water
1½ teaspoons salt

Mix ingredients and cook in double boiler from three to five hours.

Prepared Cereals

The receipts given on the packages for all prepared cereals may be followed, doubling the amount of time given.

Boiled Rice No. 2

1 cup rice 2½ cups boiling water
1 teaspoon salt

Salt water, add rice a few grains at a time, so as not to stop the boiling, boil rapidly one half hour. When grains are tender, drain in colander, and pour boiling water over rice to wash starch from grains. Serve immediately.

Steamed Rice

1 cup rice 2½ cups boiling water
1 teaspoon salt

Place rice in earthen dish, add salt and boiling water, and steam two to three hours. Cooked in this way, every grain should be separate.

Corn Meal Mush

1 cup corn meal — 4 cups boiling water
1½ teaspoons salt

Salt water, add corn meal, a little at a time, until all is used, boil five minutes, and cook in double boiler three hours.

Sautéd or Fried Corn Meal Mush

1 cup corn meal — 4 cups boiling water
½ cup white flour — 2 teaspoons salt

Cook in the same way as Corn Meal Mush, pour while hot into greased bread pan or baking powder box. When cold, slice and sauté in pork fat, first on one side and then on the other; or fry in deep fat.

CHAPTER VII

EGGS

A FRESH egg sinks when immersed in water. A stale egg, owing to evaporation which has taken place through the pores of the shell, floats.

Soft-cooked Eggs No. 1

Place eggs in saucepan, cover with boiling water, and let them stand in saucepan on the back of the range three minutes; in this way the white and the yolk are slightly coagulated.

Soft-cooked Eggs No. 2

Fill saucepan one half full of boiling water; when boiling violently, place eggs in gently with a tablespoon; when water bubbles, remove saucepan from fire and let the eggs remain in water five minutes. Eggs cooked in this way have the albumen delicately hardened throughout.

Soft-cooked Eggs No. 3

Place eggs in saucepan, cover with cold water, bring to the boiling point, when they will be soft-cooked.

Hard-cooked Eggs

Cover eggs with boiling water and cook below the boiling point for forty minutes. Remove from pan, cover with cold water, and wipe before serving.

Baked Eggs

Butter baking dish or platter, or individual ramekin dishes. Break each egg into a cup and drop into baking

dish, sprinkle with salt and pepper, and bake in a moderate oven — five minutes for soft-cooked and ten for hard-cooked. Eggs are more delicately cooked if dish is placed in a pan of hot water in the oven, and water kept below the boiling point during cooking.

Chopped red or green pepper sprinkled over top of baked eggs is delicious.

Poached Eggs

Break eggs in cup ; butter muffin rings. Place in shallow pan and cover with boiling water. Allow two teaspoons of salt to each pint of water. Drop eggs into rings, and cook from five to eight minutes, keeping water below the boiling point during cooking.

Remove the eggs on a buttered skimmer or pancake turner, and place on a round of buttered toast, sprinkle with salt and pepper, and garnish with parsley.

Fluffed Eggs

Beat the white until stiff ; add a few grains of salt ; place in a buttered ramekin dish or saucer ; put a piece of butter in center of white, and place unbroken yolk on top. Set the egg dish in pan of boiling water ; cover and cook three minutes. Serve immediately.

Poached Eggs à la Française

Fill a saucepan three fourths full of boiling water ; add salt and vinegar, stir the boiling water vigorously with a spoon. Break egg in cup and drop deftly into eddy formed by swift stirring of water. When white is firm, remove with buttered skimmer, trim, and serve.

Poached Egg in Tomato

Cut a piece from the stem end of a tomato ; remove pulp ; set in ramekin dish ; sprinkle with salt and pepper, drop

egg into tomato cup; cover with buttered paper. Set in a pan of water and bake in a moderate oven until firm.

Scrambled Eggs No. 1

4 eggs
4 tablespoons milk or cream
¼ teaspoon salt
⅛ teaspoon pepper
1 teaspoon chopped parsley
2 tablespoons butter

Beat egg slightly, enough to blend yolks and whites; add seasonings, parsley and milk. Melt butter in frying pan, add egg mixture, and cook slowly, lifting carefully with a spoon to keep mixture uniformly delicate.

Scrambled Eggs No. 2

Prepare the same as Scrambled Eggs No. 1, beating yolks and whites separately. Many persons have better success scrambling eggs in a double boiler instead of in a frying pan.

Scrambled eggs can be varied in appearance and flavor by adding various chopped meats, condiments, vegetables, cheese, or mushrooms.

Fried Eggs

Melt butter, bacon fat or pork fat in frying pan; when it bubbles, turn in egg, which has been previously broken into a cup; when white is set, baste with liquid fat. If desired hard, turn and cook on both sides.

Omelet

2 eggs
2 tablespoons hot water or hot milk
¼ teaspoon salt
1 tablespoon butter

Beat eggs well; add salt and milk. Melt butter in frying pan; add egg mixture; shake pan vigorously until egg begins to brown on under side; then let it stand until

golden brown, on part of range where it will not burn. If moist on top, place in oven to dry. Separate omelet from sides of pan with knife, and beginning at side near the handle, roll omelet slowly and carefully into the shape of a jelly roll; turn on to a hot platter, garnish, and serve.

Omelets may be varied in the following ways:—

Bacon Omelet, by adding finely chopped cooked bacon before folding.

Cheese Omelet, by adding grated cheese before folding.

Creamed Salt Fish Omelet, by combining creamed salt fish and finely chopped red pepper, and adding to omelet before folding.

Kidney Omelet, by adding stewed kidneys, highly seasoned.

Mushroom Omelet, by adding mushrooms.

And continuing through a multiplicity of combinations.

Foamy Omelet

Same ingredients as for first omelet, beating yolks and whites separately and combining ingredients in a way to produce a foamy appearance before pouring into omelet pan.

Creamy Omelet

4 eggs	⅛ teaspoon pepper
¼ teaspoon salt	2 tablespoons flour
½ cup milk	1 tablespoon butter

Melt butter; add flour, milk, and yolks of eggs, beaten until lemon-colored and thick. Beat whites until stiff, cut, and fold into first mixture; add seasonings; pour into buttered pan, and cook as first omelet. Turn on to a hot platter; garnish with White Sauce, and parsley.

NOTE. — For a sweet omelet add one fourth cup sugar to the yolks of eggs of above omelet.

Goldenrod Eggs

6 slices butter toast
6 hard-cooked eggs
2 cups White Sauce
¼ teaspoon salt
few grains cayenne
⅛ teaspoon pepper

Remove shell from eggs; chop whites finely; add to White Sauce. Press yolks through sieve and add seasonings. Pour White Sauce over toast arranged on a platter, and garnish with yolks of eggs and parsley.

This dish may be very attractively arranged by placing spoonfuls of finely chopped ham around the toast.

Stuffed Eggs

6 eggs hard-cooked
½ cup White Sauce
1 tablespoon chopped red pepper
½ cup finely minced chicken or other meat
salt, pepper, Worcestershire sauce

Cut eggs in halves lengthwise, remove yolks, and mash. Add meat and seasonings; moisten with White Sauce; press in shape of ball and return to white. These eggs may be placed in a dish, covered with White Sauce and buttered crumbs, and baked; or covered with a small square of parafine paper daintily twisted at the ends, for a picnic dish.

French Omelet

2 eggs
2 tablespoons hot water
¼ teaspoon salt
few grains cayenne
1 tablespoon butter

Melt butter in frying pan, add well-beaten eggs, to which seasonings and hot water have been added. Cook on cool portion of range, lifting mixture as for Scrambled Eggs. When creamy, pour into a hot buttered frying pan, brown delicately, fold, and serve. Garnish with parsley.

German Omelet

2 eggs
1 yolk
¼ cup cream
2 tablespoons flour
salt, pepper, nutmeg
¼ cup finely chopped chives
2 tablespoons butter
1 tablespoon finely chopped red pepper

Mix eggs, flour, seasonings; add cream, and beat all five minutes. Melt butter, pour in egg mixture, and cook until delicately browned underneath. Turn, fold, and serve.

Spanish Omelet

Use receipt for French Omelet, and garnish with Spanish Sauce.

Spanish Sauce

Sauté two tablespoons each of chopped onion, green pepper, a clove of garlic, in four tablespoons butter until yellow; add one cup of tomato.

Season with salt, pepper and cayenne, and cook until thick. One half cup mushrooms sautéd with onions is an improvement.

CHAPTER VIII

SAUCES FOR MEAT AND VEGETABLES

White Sauce

2 tablespoons butter
2 tablespoons flour
1 cup milk or white stock
¼ teaspoon salt
few grains cayenne
¼ teaspoon pepper

Melt butter, add flour, seasonings and liquid. Stir until the boiling point is reached. Boil five minutes, beating constantly.

Brown Sauce

3 tablespoons butter
4 tablespoons flour
1 cup milk or brown stock
¼ teaspoon salt
few grains pepper

Melt the butter and cook until brown, add flour and seasonings, and stir until brown. Add liquid, little at a time, and boil five minutes, stirring all of the time.

Allemande Sauce

Use same ingredients as for Velouté Sauce, adding the yolks of two eggs and one teaspoon chopped parsley. Cook one minute.

Béchamel Sauce

2 tablespoons butter
2 tablespoons flour
1 teaspoon chopped onion
1 teaspoon chopped carrot
bit of bay leaf
½ teaspoon salt
¼ teaspoon pepper
1 cup white stock

Sauté vegetables in butter. Remove vegetables, add flour and remaining ingredients, boil two minutes, and simmer ten minutes.

A richer sauce is made by adding one half cup cream.

Béarnaise Sauce

4 egg yolks
½ teaspoon salt
cayenne
4 tablespoons oil or butter
1 tablespoon tarragon vinegar
1 tablespoon hot water
1 teaspoon chopped parsley

Mix yolks and water; add butter and set in a dish of hot water; stir constantly until mixture thickens; add seasonings and serve immediately.

Tomato Béarnaise Sauce

To Béarnaise Sauce add one fourth cup tomato purée.

Both Béarnaise and Tomato Béarnaise Sauces must be cooked at a low temperature, otherwise the mixture will not be smooth. The sauce should be creamy and of the consistency of Mayonnaise Dressing.

Bread Sauce

2 tablespoons butter
½ cup bread crumbs
2 tablespoons chopped onion
3 cloves
bit of bay leaf
sprig of parsley
½ teaspoon salt
¼ teaspoon pepper
1¾ cups milk
bit of mace

Scald milk with seasonings, cook twenty minutes, strain; add crumbs and butter, cook twenty minutes, and serve with game.

Browned Bread Sauce

Use same rule as for Bread Sauce, adding one cup crumbs, which have been sautéd a light brown in butter.

Black Butter Sauce

4 tablespoons butter
few grains cayenne
1 tablespoon parsley
2 tablespoons vinegar

Brown butter, add remaining ingredients. Heat and serve.

Caper Sauce

2 tablespoons butter
4 tablespoons flour
¼ teaspoon salt
few drops onion juice
few grains cayenne
1½ cups boiling water
¼ cup capers
1 tablespoon butter

Melt the two tablespoons butter, add flour, seasonings, and water. Cook ten minutes; add capers and just before serving a tablespoon butter.

Celery Sauce

Use receipt for White Sauce, using instead of one cup of milk, one half cup of milk and one half cup of water in which celery was cooked.

Add just before serving two cups of chopped celery which has been boiled until tender.

Champagne Sauce

Add to Brown Sauce, one half cup of champagne and two tablespoons finely chopped pimentoes.

Chestnut Sauce

2 tablespoons butter
2 tablespoons flour
1 cup stock
¼ teaspoon salt
¼ teaspoon paprika
1 cup mashed chestnuts

Melt butter; add flour and seasonings. When smooth, add stock; boil five minutes; add chestnuts; reheat and serve.

Currant Jelly Sauce

To Brown Sauce add one half cup currant jelly, one teaspoon lemon juice and a few drops onion juice. Boil five minutes and serve.

Curry Sauce

Add to White Sauce one tablespoon curry and a few drops of onion juice. There is less liability of the curry lumping if blended with the flour before adding to butter.

Cucumber Sauce

Grate two cucumbers to pulp; add one teaspoon salt, one fourth teaspoon pepper, few grains cayenne, few drops onion juice, and two tablespoons vinegar.

Egg Sauce

To White Sauce add two hard-cooked eggs finely chopped.

Yellow Egg Sauce

To White Sauce add few drops of onion juice and the yolks of three eggs; salt and pepper if necessary.

Espagnole Sauce

Melt two tablespoons butter; add two tablespoons each of onion, celery, ham, red pepper and parsley, three tablespoons flour, one half teaspoon salt, few grains cayenne and two cups white stock. Cook one hour. Strain, serve.

Hollandaise Sauce No. 1

4 egg yolks
½ cup butter
½ teaspoon salt
¼ teaspoon pepper
few grains cayenne
½ cup cold water
2 tablespoons lemon juice

Put all ingredients, except the lemon juice, into a saucepan; set saucepan into a larger one of hot water. Beat constantly until mixture thickens, keeping water below the boiling point all the time. Add lemon juice and serve immediately.

Hollandaise Sauce No. 2

½ cup butter
1 tablespoon lemon juice
4 egg yolks
¼ teaspoon salt
¼ teaspoon paprika
few grains cayenne

Cream butter; add lemon juice, yolks of eggs, one by one. When well blended add seasonings and cook over boiling water, just long enough to thoroughly heat the

mixture. Should the mixture become overcooked, add two teaspoons cold water and beat vigorously.

Horse-radish Sauce

¼ cup freshly grated horse-radish
¼ cup soft bread crumbs
½ teaspoon salt
1 cup White Sauce
¼ teaspoon paprika
2 tablespoons lemon juice
1 tablespoon vinegar

Mix horse-radish, bread crumbs, salt, paprika and White Sauce. When hot, add lemon juice and vinegar.

Horse-radish Hollandaise

To Hollandaise Sauce add a few drops of onion juice and five tablespoons grated horse-radish.

Lobster Sauce

To White Sauce add one half tablespoon lemon juice, one cup chopped lobster meat, and the dried and pounded lobster coral.

Lobster Hollandaise

To Hollandaise Sauce add few gratings of nutmeg, one cup chopped lobster meat, and the dried and pounded coral.

Madeira Sauce

1 cup Brown Sauce
1 teaspoon kitchen bouquet
1 tablespoon chopped celery
1 tablespoon chopped pimento
4 tablespoons Madeira
few grains cayenne

Combine all ingredients, except Madeira; simmer one half hour. Add Madeira and serve.

Maître d'Hôtel Sauce

3 tablespoons butter
3 tablespoons lemon juice
3 tablespoons parsley
¼ teaspoon salt
¼ teaspoon paprika
cayenne

Cream the butter and add remaining ingredients.

Milanaise Sauce

3 tablespoons butter
3 tablespoons chopped mushrooms
1 teaspoon anchovy paste
salt
1 tablespoon capers
3 tablespoons flour
1½ cups stock
cayenne
2 tablespoons wine

Cook mushrooms, capers and anchovy in butter five minutes. Add flour, stock, seasonings, and simmer one half hour. Add wine and serve.

Mint Sauce

1 bunch mint
2 tablespoons sugar
1 tablespoon lemon juice
1 cup vinegar

Wash mint, remove leaves, and chop; add remaining ingredients; let it stand one half hour. Serve hot or cold.

Mustard Sauce

1 tablespoon butter
2 tablespoons flour
1 tablespoon French mustard
1 tablespoon vinegar
1 teaspoon salt
½ teaspoon sugar
few grains cayenne
1 cup stock

Melt butter; add flour, mustard, salt, sugar and cayenne. When well blended, add stock, simmer twenty minutes, add vinegar, and serve.

Mushroom Sauce No. 1

1 cup Brown Sauce
½ cup canned mushrooms
1 egg yolk
1 tablespoon butter
1 teaspoon kitchen bouquet
salt, pepper, cayenne

Chop mushrooms, sauté in butter, add egg yolk and kitchen bouquet; when well blended add Brown Sauce. Reheat and serve, seasoning if necessary.

Mushroom Sauce No. 2

1 cup White Sauce
1 cup fresh mushrooms
1 tablespoon mushroom catsup
1 tablespoon butter
1 teaspoon lemon juice
1 tablespoon Worcestershire sauce
¼ teaspoon paprika
1 tablespoon wine

Chop mushrooms and sauté in butter; add to White Sauce; cook ten minutes. Add remaining ingredients and serve.

Olive Sauce

To Brown Sauce add one teaspoon chopped onion and one half cup stoned, chopped and boiled olives.

Onion Sauce

To one cup White Sauce add one half cup cream and one cup boiled onions, finely chopped. Simmer twenty minutes.

Orange Sauce

2 tablespoons butter	⅓ cup Port wine
4 tablespoons flour	4 tablespoons Currant Jelly
1 teaspoon mustard	1 cup stock
½ teaspoon salt	juice and grated rind of two oranges

Melt butter; add flour, mustard, salt, stock, cook ten minutes; add Currant Jelly, cook five minutes; add orange juice, rind, and wine. Serve when hot.

Orange Hollandaise

To Hollandaise Sauce add juice and rind of one orange and few grains of cayenne.

Oyster Sauce

2 tablespoons butter	1 cup oysters
4 tablespoons flour	½ teaspoon salt
1½ cups oyster liquor	few grains cayenne

Parboil oysters; drain and reserve liquor. Make a White Sauce with butter, flour, seasonings and oyster liquor; add chopped oysters and serve. Should there not be sufficient oyster liquor make up amount with milk.

Pepper Sauce

To Brown Sauce add two tablespoons chopped pepper, one tablespoon chopped onion, or a clove of garlic, one teaspoon parsley, one teaspoon Kitchen Bouquet. Simmer one half hour, strain and serve.

Piquante Sauce

3 tablespoons butter
4 tablespoons flour
½ teaspoon salt
1½ cups Brown Stock
¼ teaspoon pepper
1 tablespoon chopped chives
1 tablespoon chopped olives
1 tablespoon chopped pepper
1 tablespoon chopped pickle
1 tablespoon capers
2 tablespoons vinegar

Brown the butter; add the flour; when browned, add stock. Cook chives, capers, pickles, olives and pepper in vinegar five minutes. Add to sauce and simmer twenty minutes.

Poulette Sauce

To White Sauce add one half cup cream; when boiling pour on to two egg yolks slightly beaten, cook one minute; add one tablespoon butter, one tablespoon chopped parsley, and two tablespoons lemon juice.

Port Sauce

To Brown Sauce add two tablespoons butter in which have been cooked one tablespoon onion, one tablespoon Worcestershire Sauce, and one half cup Port wine.

Ravigote Sauce

Melt four tablespoons butter; add one half cup onion. Add to one cup of Béchamel Sauce, with one tablespoon each of minced and pounded chives, tarragon, parsley and thyme. Strain and serve after reheating.

Sorrel Sauce

To Hollandaise Sauce add one cup washed and chopped sorrel.

Shrimp Sauce

½ cup butter
¼ cup flour
1½ cups hot water
1 teaspoon salt
⅛ teaspoon pepper
2 egg yolks
½ cup shrimps

Melt butter; add flour. When well blended, add hot water, cook thirty minutes; add seasonings and pour on to the slightly beaten yolks of eggs; add shrimps broken in pieces and serve.

Sauce Suprême

To White Sauce made with white stock, add one half cup of cream, two tablespoons butter, one teaspoon lemon juice. Cook twenty minutes and add one fourth cup wine.

Soubise Sauce

To Hollandaise Sauce add one cup finely chopped cooked and seasoned onion.

Sauce Tartare

To one cup of Mayonnaise Dressing add one tablespoon each of finely chopped parsley, finely chopped olives, finely chopped pickle, and one teaspoon finely chopped chives.

Tomato Sauce

4 tablespoons butter
2 tablespoons onion
2 tablespoons carrot
4 tablespoons flour
1 tablespoon parsley
½ teaspoon salt
1 cup stock
1 cup tomato

Melt butter; add onion, carrot and parsley. Cook five minutes. Strain. To butter add flour; when well blended add stock and tomato. Simmer one half hour. Serve.

Tomato Cream Sauce

1 cup White Sauce
1 tablespoon butter
1 tablespoon chopped celery
1 tablespoon chopped onion
1 tablespoon Kitchen Bouquet
1 teaspoon Worcestershire Sauce
½ teaspoon lemon juice
1 cup tomatoes
¼ teaspoon soda

Melt butter; add celery and onion, cook five minutes; add tomatoes; cook ten minutes. Strain; add soda. To White Sauce add Kitchen Bouquet and Worcestershire Sauce; cook five minutes.

Combine Tomato Sauce and White Sauce; add lemon juice and serve.

Trianon Sauce

To Hollandaise Sauce add one half cup sautéd mushrooms and two tablespoons wine.

Velouté Sauce

4 tablespoons butter
4 tablespoons flour
½ teaspoon salt
nutmeg
1 cup white stock
½ cup cream
½ cup mushrooms

Melt butter; add mushrooms, flour, salt, nutmeg and white stock; simmer ten minutes. Add cream and cook in double boiler one half hour. Just before serving add one tablespoon butter.

Vinaigrette Sauce

½ cup olive oil
1 tablespoon chopped pickles
1 tablespoon chopped pepper
1 tablespoon chopped parsley
½ teaspoon paprika
1 teaspoon salt
few grains cayenne
¼ cup vinegar

Mix ingredients in order given, stir well and serve cold.

CHAPTER IX

ENTRÉES

Chicken Forcemeat

1 cup cooked chicken	½ cup soft bread crumbs
salt, pepper	½ cup hot milk
lemon juice, onion juice	2 eggs
1 teaspoon chopped parsley	

Chop meat and press through a sieve. Soak bread in milk; add it with remaining ingredients to chicken; season highly and use as a filling in fontage cups, or shape in balls and poach in hot water, or shape in balls, roll in flour, and sauté.

Tomato Forcemeat

1 tomato finely chopped	2 tablespoons butter
1 pimento finely chopped	1 tablespoon flour
1 cup raw fish finely chopped	¼ teaspoon salt
1 tablespoon chopped onion	

Melt butter; add onion, cook three minutes; add remaining ingredients, cook ten minutes. Use as filling for fish sandwiches, or spread over fish chops, or poach and serve with White Sauce.

Aspic Jelly

2 quarts consommé	2 tablespoons granulated gelatine
1 tablespoon lemon juice	½ cup hot water

Boil consommé with lemon juice until reduced to one quart. Season well and clear. Soak gelatine in two tablespoons cold water and dissolve in hot water, add to clear consommé, strain, and use as a mold for fish, meats and salads. It is very necessary that the consommé be highly seasoned, as the success of the aspic depends on the flavor.

Quick Aspic Jelly

A quick and satisfactory aspic is made by dissolving three tablespoons Liebig's beef extract in one quart boiling water, seasoning well with lemon juice, onion juice, sherry wine, salt and pepper. Clear; add two tablespoons dissolved gelatine, and use the same as Aspic Jelly.

Chicken Soufflé

1½ cups chicken
½ cup mushrooms
2 tablespoons butter
4 tablespoons flour
½ cup bread crumbs
3 egg yolks
½ cup chicken stock
½ cup cream
salt and cayenne
1 teaspoon parsley
3 egg whites
¼ cup sherry

Melt butter; add flour, seasonings, stock, cream, chicken, mushrooms, bread crumbs; cook ten minutes; add egg yolks and cut and fold in whites beaten until stiff, and the sherry. Bake in buttered baking dish forty minutes. Serve immediately with or without Mushroom Sauce.

Chicken Timbales

2 cups raw chicken meat
¼ cup bread crumbs — soft
1 cup beaten cream
½ teaspoon salt
few grains cayenne
4 egg whites beaten until stiff

Chop meat and press through sieve; add remaining ingredients and fill buttered timbale molds which have been previously sprinkled with finely chopped pickles or olives. Bake in pan of hot water twenty minutes. Remove and serve with Hollandaise Sauce or Parmesan Sauce.

Chicken Mousse

1 cup chicken stock
½ teaspoon salt
paprika and celery salt
1 cup cold cooked chicken
2 egg whites
2 teaspoons granulated gelatine
2 tablespoons cold water
1 cup beaten cream
1 tablespoon chopped olives

Heat chicken stock; add seasoning, gelatine which has been soaked in cold water. When dissolved, add chicken finely chopped, beaten cream; beat well; cut and fold in the beaten whites; pour into buttered molds and chill for two or three hours. Serve as a salad with Mayonnaise.

Lobster Mousse

Lobster Mousse may be prepared in the same way as Chicken Mousse, substituting lobster meat for chicken.

Fish Timbales

1 cup raw fish
¼ cup almonds
1 teaspoon salt
few drops onion juice
few grains cayenne
1 cup whipped cream
4 egg whites
1 tablespoon lemon juice

Chop fish and press through a sieve; add onion juice, lemon juice, salt and pepper. When well mixed add whipped cream, almonds finely chopped, and egg whites beaten to a stiff froth.

Fill buttered timbale molds with this mixture, set in pan of hot water, and bake ten to fifteen minutes. Serve hot with Cucumber or Tomato Sauce, or cold, with Mayonnaise Dressing.

Imperial Fish Timbales

1 cup cooked fish
2 tablespoons butter
2 tablespoons flour
¾ cup milk
3 egg yolks
1 teaspoon salt
few grains cayenne
1 tablespoon lemon juice
1 teaspoon parsley
3 egg whites

Melt butter; add flour, milk, seasonings and parsley; cook five minutes. Add fish, boil two minutes; add egg yolks. Cool. Fold in stiffly beaten whites. Fill molds with this mixture. Set in a pan of hot water and bake twenty minutes.

Remove from mold and serve at once with Lobster, Shrimp, or Hollandaise Sauce.

Lobster Timbales

Follow receipt for Fish Timbales, substituting one cup of lobster meat for fish and adding one half cup mushrooms finely chopped. Cook same as Fish Timbales. Serve with Béchamel Sauce, garnish each timbale with a sprig of parsley, and sprinkle coral pressed through a sieve over all.

Chicken Livers in Fontage Cups

1 cup chickens' livers
¼ cup salt pork cubes
½ cup chicken stock
2 tablespoons flour
½ cup mushrooms

Chop livers; sauté pork cubes; add livers, flour, stock and mushrooms. Cook five minutes, season to taste, and serve in fontage cups.

Mock Terrapin in Fontage Cups

1 cup chickens' livers
½ cup cooked rice
2 hard-cooked eggs
1 teaspoon parsley chopped
¼ teaspoon salt
cayenne and nutmeg
1 tablespoon butter
2 tablespoons flour
½ cup cream

Melt butter; add flour, seasonings, cream, livers, and eggs finely chopped; cook five minutes; add rice; reheat and serve in fontage cups.

Sweetbreads and Mushrooms in Fontage Cups

2 cups cooked sweetbreads
½ cup mushrooms
1 tablespoon oil
½ tablespoon vinegar
2 tablespoons butter
3 tablespoons flour
¾ cup cream
salt, pepper, cayenne

Melt butter; add flour, seasonings and cream; cook five minutes. Cover sweetbreads and mushrooms with oil and vinegar, and let stand twenty minutes, drain, add to sauce, reheat, and serve in fontage cups.

Sweetbreads and Chicken in Fontage Cups

Substitute one half cup cold cooked chicken cut in small pieces for the one half cup of mushrooms, and proceed as for Sweetbreads and Mushrooms in Fontage Cups.

Creamed Oysters and Celery in Fontage Cups

1 pint oysters
2 tablespoons butter
1 tablespoon lemon juice
2 tablespoons flour
2 eggs
½ cup cream
salt and pepper
2 tablespoons wine
1 cup chopped celery

Melt butter, add oysters and cook one minute. Remove oysters, add remaining ingredients except wine, cook until thick, add oysters and wine, and serve in fontage cups.

Creamed Lobster in Fontage Cups

2 cups lobster meat
2 tablespoons butter
1 tablespoon grated onion
¼ cup cream
2 tablespoons flour
½ cup chicken stock
1 tablespoon lemon juice
1 egg yolk
salt and cayenne

Melt butter; add onion, flour, stock and lemon juice; cook five minutes; season with salt and pepper; add cream, in which yolk of egg has been beaten, and lobster meat. When hot, serve in fontage cups.

Creamed Crabs in Fontage Cups

Substitute two cups crab meat cut in fine pieces for lobster meat and proceed as for Creamed Lobster.

Creamed Shrimps in Fontage Cups

Substitute two cups shrimps broken in small pieces for lobster meat, and follow rule for Creamed Lobster.

Shad Roe Croquettes

2 cups cooked shad roe
2 egg yolks
1 tablespoon parsley
1 cup Croquette Sauce
salt, pepper, cayenne
lemon juice

Cut shad roe in small pieces; add seasonings, sauce and yolks of eggs. Shape; dip in crumbs, egg and crumbs; fry.

Lobster Croquettes

2 cups chopped lobster meat
salt, pepper and cayenne
¼ teaspoon nutmeg
1 tablespoon lemon juice
1 tablespoon parsley
2 hard-cooked egg yolks
1 cup Croquette Sauce

Mix ingredients in order given; shape in croquette or chop form; dip in crumbs, egg and crumbs. Fry in deep fat. If in chop form, make incision and insert small lobster claw.

Meat, Rice and Tomato Croquettes

1 cup chopped meat
4 cups hot rice
1 cup Croquette Sauce made with tomato instead of milk
salt, pepper and cayenne
lemon juice
onion juice

Mix ingredients in order given; shape; dip in crumbs, egg and crumbs; fry in deep fat.

Fontage Cups or Timbale Cases

½ cup flour
½ teaspoon salt
1 tablespoon olive oil
1 egg yolk
cayenne
⅓ cup milk

Mix ingredients in order given until smooth, strain, and let stand over night in a warm place. Heat fontage iron in hot fat, drain, dip in batter, place in hot fat, and fry until a delicate brown. Remove from iron, invert, and drain.

These cups are used for all kinds of creamed mixtures and forcemeats, and are used instead of patty shells and croustades.

Sauce for Croquette Mixtures

3 tablespoons butter
5 tablespoons flour
1 cup stock or milk
salt and pepper
celery salt
lemon juice
few drops onion juice

Melt butter; add flour, seasonings and milk. Cook until thick. This sauce is sufficient to thicken two cups of meat, for all kinds of croquettes. It may be varied by adding two egg yolks or one egg.

Chicken Croquettes

2 cups chicken meat
salt, pepper, lemon juice
1 cup Croquette Sauce
onion juice

Cut meat in small pieces; add seasonings and Croquette Sauce. Shape, dip in crumbs, egg and crumbs, and fry in deep fat. These croquettes may be varied by adding one fourth cup of chopped mushrooms, ham, sweetbreads, or truffles. More or less sauce is required according to the dryness of chicken.

Sweetbread and Mushroom Croquettes

1 cup mushrooms cut in small pieces
salt and pepper
1 cup cold cooked sweetbreads cut in dice
lemon juice and onion juice
1 cup Croquette Sauce

Sauté mushrooms in butter; add sweetbread, seasonings, sauce. Shape, dip in crumbs, egg and crumbs, and fry.

Fish Croquettes

2 cups cold cooked fish
salt and pepper
lemon juice and onion juice
1 cup Croquette Sauce
1 tablespoon chopped parsley

Mix all ingredients; add more lemon juice if needed. Shape, dip in crumbs, egg and crumbs, fry in deep fat.

One cup tomato may be substituted for the one cup milk or stock in Croquette Sauce.

Rolled Fillets of Flounder with Béchamel Sauce

2 flounders
2 tablespoons butter
1 tablespoon finely chopped parsley
1 tablespoon lemon juice
salt, pepper and cayenne
½ cup cream
4 hard-cooked eggs
4 lemons

Make eight fillets from the flounder. Melt butter; add lemon juice and parsley. Dip fillets in this mixture; roll and skewer fillets; put in baking dish; sprinkle with salt, pepper and cayenne. Cover with cream and cook in oven until tender. Arrange on platter, pour around the fillets Béchamel sauce, and garnish with lemon basket in the center, filled with sauce, yolks of eggs pressed through ricer and whites cut in shape of petals.

Curried Lobster in Rice Timbales

2 cups lobster meat
2 tablespoons butter
2 tablespoons flour
1 tablespoon chopped onion
1 tablespoon curry
1 cup cream or stock
3 egg yolks
salt, paprika and cayenne

Melt butter; add onion; when yellow add flour, curry and cream. Cook five minutes. Season; add egg yolks and lobster meat. Sprinkle with finely powdered coral if there is any. Fill Rice Timbale Cases, reheat, and serve.

Rice Timbale Cases

1 cup rice
salt, pepper and cayenne
lemon juice, onion juice
4 cups milk

Wash rice; add seasonings and milk. Cook in double boiler until milk is absorbed and rice is tender.

Fill timbale molds, press rice in firmly, cool, scoop out center, and fill with any creamed mixture.

Creamed Salmon in Rice Timbales

Use rule for Curried Lobster, substituting two cups flaked salmon for lobster meat, and one half cup olives finely

chopped for curry. Line one large mold with cooked rice, fill with creamed salmon, cover top with rice, and steam one half hour. Serve, garnish with individual Rice Timbales, parsley, and Tomato Cream Sauce.

Chicken in Aspic

1 cooked, boned chicken	2 hard-cooked eggs
2 quarts Aspic Jelly	parsley

Select a mold large enough to hold chicken, cover bottom of mold with Aspic Jelly, and set on ice to harden. Cut hard-cooked white of eggs in slices, cut yolk in slices, and stamp out small rounds with a vegetable cutter. Cut white of egg slices to resemble petals. Arrange on top of the hardened jelly in the form of daisies, taking up each piece on a needle and dipping in liquid jelly before placing. Cover with jelly mixture, adding by spoonfuls to avoid disturbing the design.

When hard place chicken on jelly, breast downward, cover with liquid jelly, and set away to harden.

The sides may be decorated in the same way as the bottom if more elaboration is desired.

Unmold, place on bed of parsley or lettuce, and garnish with pimentoes or olives.

Quail in Aspic — Pheasant in Aspic — Partridge in Aspic — Tongue in Aspic — Oysters in Aspic — Lobster in Aspic — Shrimp in Aspic — Chicken Breasts in Aspic — Tomatoes in Aspic — Cucumbers in Aspic — Eggs in Aspic — Aspic of Pâté de Foie Gras

Cover bottom of mold with Aspic Jelly; decorate with truffles cut in fancy shapes. Cover this with liquid aspic; when hard place roasted quail or any of above on jelly, cover with liquid jelly and chill. Decorate sides of top layer with hard-cooked white of egg cut in crescents. Unmold, garnish with cress, and serve with Mayonnaise Dressing.

Scalloped Veal

Chop two cups of cold cooked veal; add one fourth teaspoon salt, one fourth teaspoon onion juice, and one teaspoon lemon juice. Mix one half cup finely chopped cooked ham, one fourth teaspoon mustard, few grains cayenne, two tablespoons cracker crumbs, and moisten with white stock. Sauté one fourth cup cracker crumbs in one fourth cup butter; add to chopped veal and moisten with white stock.

Line a mold with slices of hard-cooked eggs, fill with alternate layers of ham mixture and veal. Pack tightly, cover with buttered paper, and steam one hour. Cool and serve in thin slices.

The success of this dish depends on careful seasoning, and more may be needed than is given in the receipt.

Veal Loaf

Chop two pounds of lean veal and one fourth pound salt pork; add one cup cracker crumbs, three beaten eggs, one teaspoon salt, few grains cayenne, one teaspoon onion juice, and one tablespoon lemon juice.

Moisten with well-flavored beef or veal stock. Press in buttered bread pan, cover. Baste occasionally during baking. Bake one hour.

Veal Croquettes

Cut one pint cooked veal in small pieces; add one tablespoon salt, one quarter teaspoon pepper, one tablespoon lemon juice. Melt three tablespoons butter; add two tablespoons finely minced onion, three tablespoons flour, and three fourths cup milk or veal stock. Boil five minutes. Add two eggs well beaten. Stir constantly until thick. Mix with veal mixture and cool. Shape, allowing a rounding tablespoonful for each croquette.

Dip in crumbs, egg and crumbs, and fry in deep fat. Serve with or without White Sauce.

Fried Calf's Liver

Cut three onions in pieces; sauté in four tablespoons butter; cover with one cup white stock; add one half teaspoon salt, one teaspoon chopped parsley, one teaspoon lemon juice. Cook one half hour.

Cut liver in one half inch slices; sauté in four tablespoons butter; add sauce; cook five minutes.

Serve; garnish with parsley and slices of lemon.

Boiled Tongue

Wash and clean the tongue, cover with boiling water; add one fourth cup each of carrot, turnip and onion, a bouquet of sweet herbs, four cloves and two peppercorns. Simmer until tongue is tender. Cool in kettle, remove the skin, brush with melted butter, cover with buttered bread crumbs after placing in dripping pan.

Bake twenty minutes, basting often with chicken stock or Port wine. Cool, cut in thin slices, and garnish with slices of buttered toast sprinkled with finely chopped pimolas.

Broiled Pig's Feet

Boil the feet until tender, cut in halves, brush with melted butter, sprinkle with salt and pepper, and cover with buttered bread crumbs. Broil over a clear fire and serve with Piquante Sauce.

Veal Roll

Remove the bone from a shoulder of veal, brush with melted butter, and stuff with sautéd mushrooms or sweetbreads. Cover bone broken in pieces with cold water; add one fourth cup each of carrot and onion, a

bit of bay leaf, sprig of parsley, four cloves, and six peppercorns. Add stuffed and rolled veal, and simmer until tender. Cover with slices of bacon; bake in a hot oven, basting often. Serve with Olive Sauce.

Marrow Bones with Tenderloin Steak

Cut the bones four inches long; cover each end with a round of dough to keep in the marrow.

Tie the bones in a cloth, cover with boiling water, and boil one hour. Remove cloth and paste, and serve on or around tenderloin steak; or the marrow may be removed from bone when cooked, and spread on slices of hot buttered toast. Cayenne and salt are always served with marrow bones.

Deviled Mignons of Beef

Cut tenderloin steak three fourths inch thick. Cut and roll in rounds, broil over clear fire five minutes.

Mix one tablespoon mustard, one tablespoon Worcestershire Sauce, and two tablespoons chopped pimento. Spread on beef, dip in fine bread crumbs, and broil until crumbs are brown. Serve with Béarnaise Sauce.

Kidneys en Brochette

Cut some lambs' kidneys in quarter-inch slices. Season with salt and pepper, dip in olive oil. Arrange on a skewer with alternating slices of bacon.

Dip in oil, in bread crumbs, and broil over a clear fire, or sauté in butter. Serve with Piquante Sauce.

Kidneys with Oysters

Remove skin from four lambs' kidneys. Cut in two lengthwise. Cook two tablespoons chopped onion, one shallot finely chopped, four tablespoons butter, one fourth teaspoon salt, and a few grains cayenne together five min-

utes. Add one cup tomato. When hot, add one cup oysters. Keep hot while broiling kidneys. Arrange kidneys on platter and pour sauce over them.

Crême Frite

1 pint milk
½ cup sugar
3 tablespoons cornstarch
5 egg yolks
¼ teaspoon salt
1-inch piece stick cinnamon
4 teaspoons butter
1 teaspoon vanilla
few gratings lemon rind

Mix yolks of eggs and sugar; moisten the cornstarch with small amount of cold milk, scald the remainder; add cornstarch mixture to scalded milk; cook twenty minutes, add egg mixture, butter, salt and seasonings, cook one minute. Pour into shallow buttered dish. Cool; cut in squares or diamonds; dip in crumbs, egg and crumbs; fry in deep fat.

Calf's Heart Stuffed

Wash heart; fill with chicken stuffing; sprinkle with salt and pepper; dredge with flour. Place on rack in dripping pan and cook in hot oven from two to three hours, basting while cooking, with beef stock, pork fat, hot water, or butter.

Serve with Tomato Sauce or on a bed of boiled onions.

Haricot of Ox Tails

Cut three ox tails in four-inch pieces; add one half cup carrot, one half cup onion, and four tablespoons butter. Cook ten minutes; add four tablespoons flour and four cups water or stock. Cook one hour; season with salt and pepper. Serve vegetables in the center and ox tails around the edge; garnish with potato balls and parsley.

Salmi of Game

Cut the meat from cold cooked game. Break the bones and cover with cold water. Sauté two tablespoons

onions in four tablespoons butter and brown ; add one tablespoon Worcestershire Sauce and four cups of the liquor in which the bones have been cooked. Season with salt and pepper, color a delicate brown with Kitchen Bouquet, add two cups cold game, simmer ten minutes.

Serve on slices of fried bread and garnish with a potato border and parsley.

Curry of Game

Prepare the same as Salmi of Game, adding one tablespoon curry powder. Serve in rice border.

Roll Croustades

Bake bread dough in muffin pans; when cold cut off tops, remove soft portion leaving shell. Butter inside and out, and brown in the oven. Fill with any creamed mixture.

Broiled Honeycomb Tripe

Wash tripe and cut in pieces for serving. Cover with boiling water and cook until tender. Drain, wipe, sprinkle with salt and pepper, and broil over a clear fire. Serve with Maître d'Hôtel Butter.

Tripe Ragoût

Wash one pound of tripe and cut in two-inch strips for serving. Sauté in two tablespoons butter, two tablespoons onion, add tripe, cook ten minutes, add one cup each of tomato and celery cut into inch pieces, and simmer until all are tender. Serve, garnish with toast points.

Lyonnaise Tripe

Cook two tablespoons onion in two tablespoons butter. Add two cups cooked tripe cut in small strips ; cook ten minutes. Serve on buttered toast ; sprinkle with salt and pepper, dot with butter and garnish with finely chopped parsley.

Tripe in Batter

Cut cooked tripe in three-inch strips. Soak ten minutes in olive oil. Drain, sprinkle with salt and pepper, dip in Fritter Batter, and fry in deep fat.

Baked Sweetbreads

Soak sweetbreads in cold water; lard; place on slices of salt pork in dripping pan; cover with milk or stock; cook until tender and serve with Tomato Sauce.

Baked Fillets of Sweetbreads

Prepare six fillets; sprinkle with salt and pepper and dredge with flour. Arrange on slices of bacon; dot with butter; baste with cream while baking in a hot oven. Serve with Béchamel Sauce.

Braised Sweetbreads

Arrange in the bottom of a buttered baking dish one fourth cup each of chopped carrot, celery, onions and salt pork. Place parboiled sweetbreads on top of vegetables; cover with stock and bake slowly three quarters of an hour in tightly covered dish. Remove vegetables to serving dish and serve sweetbreads on top of them.

Calf's Brains in Batter

Parboil brains; cut in two-inch pieces. Cover with French Dressing. Let them stand one hour. Drain, dip in Fritter Batter, fry in hot fat. Serve with Tomato Sauce.

Scalloped Brains

Parboil brains; sprinkle with salt, pepper and lemon juice. Cut in inch pieces. Arrange in layers in buttered baking dish, alternating with Tomato Sauce. Cover with buttered and seasoned cracker crumbs and serve with chopped pickles.

Brains Breaded

Parboil brains and cook in muslin bag in boiling acidulated water one half hour. Drain. Cool and cut into four-inch pieces. Sprinkle with salt, pepper and lemon juice, dip in crumbs, egg and crumbs, and fry in hot fat. Serve with Piquante or Hollandaise Sauce.

Frogs' Legs

Skin the frogs' legs, sprinkle with salt and pepper, dip in butter, then in flour, and fry in hot fat. Serve with Sauce Tartare.

Frogs' Legs à la Béchamel

Remove skin from legs, season with salt and pepper, melt four tablespoons butter, add frogs' legs and one half cup mushrooms, and sauté. Serve on slices of buttered toast with Béchamel Sauce.

Frogs' Legs à l'Allemande

Remove skins from frogs' legs, season with salt, pepper and lemon juice, and cook in butter five minutes. Add one cup white stock, and simmer until tender. Serve on hot buttered toast with Allemande Sauce.

Oyster Crabs

Melt two tablespoons butter; add one tablespoon lemon juice, one fourth teaspoon salt, few grains cayenne, two tablespoons chopped pimolas. Add one cup crabs and let simmer ten minutes. Serve in croustades.

Oyster Crabs with Poached Eggs

Cook oyster crabs in butter. Cut bread in slices, shape with doughnut cutter, toast, butter, and place in buttered ramekin dishes, fill the rings with cooked crabs, break an egg on top of each, sprinkle with grated cheese, and bake ten to twelve minutes.

Liver Loaf

Parboil four slices of calf's liver, remove skin, chop, and press through a sieve. To each cup of liver add one fourth cup soft bread crumbs, one tablespoon butter, one teaspoon salt, one half teaspoon paprika, few grains cayenne, and two eggs. Mix well, pour into a buttered mold, place in a pan of hot water, and bake one hour. Serve hot with Vinaigrette Sauce, or it may be served cold as a salad.

Mock Pâté de Foie Gras

Use the cooked liver loaf mixture. Mash, add butter to make of consistency to spread, arrange on rounds of buttered toast, and garnish with yolks of hard-cooked eggs pressed through a ricer, and slices of pimolas.

Croustades

Cut crusts from a brick loaf of bread. Scoop out center of loaf, leaving walls an inch thick on all sides. Brush with melted butter, and brown in oven; or, omit butter and fry in deep fat. Brush with white of egg slightly beaten, and fill with any creamed mixture. Set on a bed of parsley and garnish with toast points.

Small croustades may be made in the same way, by using thick slices of bread.

Chicken Rissoles

1 cup chicken forcemeat
12 pimolas, finely chopped
salt, pepper and onion juice
12 rounds of puff paste

Mix forcemeat, chopped pimolas, salt, pepper and onion juice. Put a teaspoon of this mixture in the center of each puff paste round; brush the edges with water; fold edges together, making a half round; press edges together firmly; dip in crumbs, egg and crumbs, and fry in deep fat.

Oyster Rissoles

Prepare the same as Chicken Rissoles, and add one cup chopped cooked oysters.

Sweetbread Rissoles

Use one half rule for Chicken Rissoles. Add one cup sweetbreads cooked and cut in pieces, and one fourth cup chopped pimentoes.

Sardine Rissoles

Use one half rule of Chicken Rissoles. Add twelve boned sardines cut in pieces and two tablespoons lemon juice.

Veal Rissoles

Use rule for Chicken Forcemeat, substituting veal for chicken, and proceed as for Chicken Rissoles.

Lamb Rissoles

Use rule for Chicken Forcemeat. Add one fourth cup lamb and one fourth cup ham, each finely chopped, and proceed as with Chicken Rissoles.

Cheese Rissoles

¾ cup grated cheese
1 tablespoon flour
2 egg whites
¼ teaspoon salt
cayenne
cracker crumbs

Beat whites until stiff, add other ingredients, put a teaspoon of this mixture on rounds of pastry; and proceed as for Chicken Rissoles.

Mushroom Rissoles

Place a teaspoon of creamed mushrooms in the center of a round of pastry; proceed as for Chicken Rissoles or instead of frying bake in a quick oven.

Lobster Rissoles

Place a teaspoon of creamed lobster in the center of each round of pastry, and proceed as for Chicken Rissoles, baking in a quick oven instead of frying, if desired.

Bouchées à la Macedoine

Mix one fourth cup cold cooked chicken, one fourth cup mushrooms and one fourth cup cheese. Add one fourth cup White Sauce, season with salt, paprika and lemon juice. Fill Bouchées and serve garnished with parsley.

Chicken Pâtés

1 cup cooked chicken
2 tablespoons butter
2 tablespoons flour
½ cup cream
¼ cup chicken stock
1 tablespoon lemon juice
few drops onion juice
1 tablespoon Madeira wine
salt and cayenne

Melt butter, add flour, onion juice, lemon juice, salt and cayenne; when well blended add cream and chicken stock. Boil one minute, add chicken, when heated through add Madeira and serve in hot pâté shells.

The wine may be omitted, in which case add one teaspoon Worcestershire Sauce.

Oyster Pâtés

Substitute two cups small oysters for one cup chicken meat and follow the receipt for Chicken Pâtés.

Baked Chicken

6 chicken legs
2 tablespoons lemon juice
2 tablespoons butter
1 tablespoon chopped onion
1 tablespoon carrot
½ cup forcemeat
1 pint stock
½ tablespoon salt
2 egg yolks
2 tablespoons flour

Melt butter; add vegetables; cook ten minutes. Remove vegetables; add forcemeat, stock, salt and flour; cook until stiff; add yolks of eggs and lemon juice.

Spread this mixture on the chicken legs. Dip in crumbs, egg and crumbs, place in baking dish, and cook in hot oven until chicken is tender, basting with cream. Serve around slices of tomato garnished with Mayonnaise.

Chicken Suprême

3 chicken breasts
1 can mushrooms
1 pint consommé
2 cups forcemeat
6 slices cooked tongue
½ cup butter
1 tablespoon salt
1 cup Croquette Sauce
6 truffles

Divide each chicken breast into four fillets, separating the large fillet from the small fillet; brush large fillet with butter; spread with forcemeat; cover with small fillet; score small fillet diagonally; insert thin slices of truffles in each gash. Cut slices of tongue half an inch larger than large fillet and place in baking dish with fillet on each piece.

Mix Croquette Sauce, consommé, chopped mushrooms, and cook ten minutes, add more seasoning if required, and pour around cooked fillets.

The fillets may be steamed until tender or cooked in the oven and basted with cream.

Chop Suey

(We include Chop Suey as a novelty and not because we especially like it.)

1 lb. water chestnuts cut thin
2 lb. bean sprouts
1 cup celery cut in small pieces
½ cup chopped onion
6 mushrooms chopped
1 chicken cut in pieces for serving
1 teaspoon gee yow.

Put two tablespoons peanut oil in a frying pan, add the chestnuts, celery, onion, mushrooms and chicken;

cook until tender, — when about half done add bean sprouts and cook all until tender.

Mix two tablespoons oil and two tablespoons flour, add one cup liquid, stock or water, season with salt and pepper and the gee yow, a Chinese Sauce which can be purchased from any Chinese dealer together with the water chestnuts and bean sprouts.

Arrange chicken and vegetables in the center of platter; pour the sauce over these and serve.

VEGETABLE ENTRÉES

Artichokes with Hollandaise Sauce

Artichokes may be procured both canned and fresh.

If canned, drain, wash in cold water, drain again, then let them stand in French Dressing for one half hour. Drain, dip in crumbs, egg and crumbs, and fry in deep fat, or dip in Fritter Batter and sauté in pork fat or butter. Serve with Hollandaise Sauce.

Asparagus served in Croustades

Cut asparagus in inch pieces and boil according to rule for Boiled Asparagus, drain, add one cup Thick Cream Sauce, and serve in bread croustades.

Cauliflower au Gratin

Boil one cauliflower until tender. Separate flowerets and chop tough parts. Arrange in buttered shells, or ramekins with White Sauce, sprinkle with grated cheese, cover with buttered and seasoned crumbs, and brown in a quick oven.

Celery au Jus

Remove the tops from two bunches of celery, leaving the bunch about six inches long. Wash, trim, and scrape

root to a point. Cook in salted boiling acidulated water five minutes. Drain. Melt three tablespoons butter; add three tablespoons flour and a cup and a half of water in which celery was cooked. Season with salt, pepper and a few drops of Worcestershire Sauce; add cooked celery and simmer thirty minutes.

Arrange celery in center of hot dish, strain sauce over it, and garnish with finely chopped pimento.

Chestnut Croquettes

1 cup chestnut purée — yolks of 2 eggs
2 tablespoons sugar sirup — 1 tablespoon lemon juice
¼ teaspoon salt

Mix ingredients in order given. Shape, dip in crumbs, egg and crumbs; fry in deep fat, drain and serve.

Scalloped Cucumbers

Wash, pare, and cut into cubes three large cucumbers. Arrange a layer in the bottom of a buttered baking dish. Sprinkle with salt and pepper and with one teaspoon finely chopped onion, and continue thus until dish is filled, then add one cup milk or chicken stock, cover with buttered and seasoned crumbs, and bake in hot oven until brown.

Béchamel Cucumbers

Pare four cucumbers, parboil four minutes, drain and let them stand in ice water one half hour. Cut in thin slices, cover with Béchamel Sauce, cook until tender, and serve on buttered triangles of toasted bread. Garnish with olive in center of each triangle and toast points.

Banana fried in Crumbs

Remove skin from six bananas, cut in halves lengthwise and crosswise. Sprinkle with salt and pepper and lemon juice, dip in flour, egg and crumbs, and fry in deep

fat. Drain on brown paper, serve on folded napkin. Garnish with lemon and parsley. Serve with or without Lemon or Sherry Sauce.

Carrot Fritters

Wash four carrots, scrape, cut in three inch pieces, cook in saucepan with two slices onion and a very small amount of water. When tender, drain, dip in crumbs, egg and crumbs, and fry in deep fat.

Farina Balls or Hominy Crescents

½ cup farina or hominy
½ cup milk
1½ cups chicken stock
1 teaspoon salt
¼ teaspoon paprika
few drops onion juice
one egg

Mix milk and chicken stock, add farina or hominy, and cook in double boiler forty minutes. Add remaining ingredients, cool, shape in balls or crescents, dip in crumbs, egg and crumbs. Fry in deep fat.

Serve as an entrée with a sweet sauce or as a garnish with game.

Macaroni Timbales

Boil twelve sticks of macaroni in salted water until tender, cut in rings. Line thickly buttered timbale molds with macaroni rings. Fill center with creamed macaroni, creamed fish, or Welsh rarebit mixture. Cover with macaroni rings. Set molds in a pan of hot water and bake twenty minutes. Remove from molds and serve with Béchamel, Allemande, or Hollandaise Sauce as an entrée ; or line a large mold and fill with creamed mushrooms, creamed sweetbreads, creamed chicken, veal or turkey, adding several beaten eggs to give the mixture right consistency.

Prepared in this way it may be served for luncheon.

Cheese Cakes

1 cup cottage cheese
½ cup sugar
3 tablespoons butter
1 teaspoon salt
3 eggs
rind and juice of one lemon
½ cup raisins
½ cup citron

Mix the above ingredients and beat until smooth. Line patty tins with pastry, fill with cheese mixture. Bake in a moderate oven twenty minutes.

Fritter Batter

1 cup flour
2 teaspoons baking powder
¼ teaspoon salt
¼ cup milk
2 eggs
1 tablespoon lemon juice

Sift flour, baking powder and salt; add well-beaten eggs, lemon juice and milk. Beat well, strain if lumpy, and leave standing several hours, over night if possible.

This receipt may be used for cooked parsnips, carrots, cauliflower, raw corn and nearly all fruits.

Dip prepared vegetables or fruits in the batter, drain whole vegetables and fruits on a fork, fry in deep fat, and drain on brown paper. Mix small or chopped vegetables or fruit with the batter and drop in spoonfuls into hot fat.

Corn Oysters

2 cups green corn pulp
2 eggs
pepper and cayenne
1 tablespoon butter, melted
¼ teaspoon salt
flour

Cut the corn through the kernel with a sharp knife and remove pulp; add remaining ingredients with enough flour to shape into small cakes. Sauté in butter or pork fat or fry in deep fat.

Green Pea Timbales

Press one pint cooked peas through a sieve; add four tablespoons milk or soup stock, few drops of onion juice,

salt, pepper, cayenne, and the whites of three eggs, beaten until stiff. Press into buttered timbale molds, set in a pan of hot water, and bake in a slow oven until firm. Unmold, serve on hot platter. Garnish with a piece of parsley on the top of each timbale and Béchamel Sauce.

Egg Plant baked in Shell

Boil four egg plants twenty minutes. Cut in halves lengthwise. Scoop out center. Drain in cheese cloth. Mix one half cup bread crumbs, one quarter cup minced chicken, one quarter cup egg plant, two tablespoons butter, salt, paprika, and cayenne, and one egg.

Fill egg plant shells with this mixture, cover with buttered and seasoned crumbs, and bake in a slow oven about one hour.

Broiled Mushrooms

Wash, scrub, sprinkle with salt and pepper, twelve large fresh mushrooms. Broil over a clear fire. Place on twelve rounds of bread toasted on one side. Sauté in two tablespoons butter, one cup chopped mushrooms; season with salt and pepper and add one fourth cup heavy cream. Reheat and pour over mushrooms on toast.

Baked Mushrooms

Wash, scrub, sprinkle with salt and pepper, twelve large fresh mushrooms. Remove stems, sauté in butter, add one cup chicken stock or cream, simmer fifteen minutes. Place on rounds of bread, on a buttered platter; cover and cook in oven fifteen minutes, basting once during cooking with melted butter. A few gratings of nutmeg is considered by many an improvement.

Mushrooms with Oysters

Wash, scrub, and remove stems of twelve large fresh mushrooms. Sauté in butter five minutes. Place on

rounds of buttered toast, gills upward; sprinkle with salt and pepper, dot with butter. Decorate each with an oyster and sprinkle with buttered crumbs. Bake fifteen minutes in a hot oven, basting every five minutes with hot butter.

Deviled Mushrooms

Mix one teaspoon mustard, few grains cayenne, one teaspoon Worcestershire Sauce, and half teaspoon paprika.

Cover broiled mushrooms with this mixture and serve on slices of toast.

Scalloped Mushrooms

Wash, scrub, and peel one pound of fresh mushrooms. Sauté in butter. Arrange in layers with White Sauce in buttered baking dish; when filled cover with cubes of bread which have been dipped in butter. Brown in the oven and serve.

Mushrooms with Tomatoes

Wash, scrub, and peel one half pound of fresh mushrooms. Break in small pieces and sauté in butter. Wash and remove skins from six tomatoes.

Slice tomatoes and arrange in layers with sautéd mushrooms in buttered baking dish or in ramekins. Cover with Tomato Sauce, well seasoned with onion. When dish is filled sprinkle with buttered cracker crumbs and bake until crumbs are brown.

Mushroom Potpourri

Cut in slices one lamb's kidney. Sauté in melted butter. Remove from butter, and sauté twelve mushrooms, cleaned and cut in slices. Melt two tablespoons butter; add two tablespoons floor, one and one half cups tomato, few drops onion juice, one and one half teaspoons Worcestershire Sauce, one half teaspoon salt, and few grains

pepper. Cook ten minutes; add mushrooms and kidney, and cook until kidney is tender.

Serve in center of hot platter, and garnish with hot cooked rice or with macaroni with Cream Sauce.

Sweetbreads, chicken, or veal may be substituted for kidney, but make a much more expensive dish.

Baked Onions in Ramekins

Peel and parboil twelve medium-sized onions; drain; chop. Melt two tablespoons butter; add two tablespoons flour, one fourth teaspoon salt, one and one quarter cups cream, or chicken stock, four tablespoons soft bread crumbs, one tablespoon finely chopped parsley. Boil five minutes; add one egg well beaten and the chopped onion. Cool slightly; add the beaten whites of two eggs; add more seasoning if needed and bake in buttered ramekin dishes twenty minutes in a moderate oven. Serve immediately.

Potato Croquettes

Mix two cups hot mashed potato, two tablespoons butter, one teaspoon salt, one fourth teaspoon paprika, few grains of cayenne and celery salt, two teaspoons chopped parsley, few drops onion juice. Beat well; add two egg yolks; form into croquettes; dip in flour, egg and crumbs; fry in deep fat; drain on brown paper and serve.

These croquettes may be formed in the shape of a ball, then shaped like a cup, and filled with any creamed mixture; cover the top of cup with mashed potato. Dip in crumbs, egg and crumbs, fry in deep fat. These are known as Surprise Croquettes.

Stuffed Peppers

Cut the tops from eight red or green peppers; remove seeds; cover with boiling water; leave standing five min-

utes. Fill with any of the following stuffings. Cover with buttered bread crumbs, arrange in baking dish, and bake one half hour.

Tomato Stuffing for Peppers

Mix one cup tomato pulp drained from juice, one half cup bread crumbs, and one cup stock; add two tablespoons flour and two tablespoons butter which have been cooked together. Season with salt, cayenne, paprika and onion juice.

Chicken Stuffing for Peppers

Chicken Stuffing prepared in the same way as Tomato Stuffing, substituting chicken for tomato.

Rice or Macaroni Stuffing for Peppers

Cook one cup rice or macaroni in chicken stock until tender; add one fourth cup onion finely chopped, two tablespoons red pepper finely chopped, two tablespoons melted butter, four tablespoons finely chopped mushrooms. Season with salt and pepper. In filling add more chicken stock or hot water if necessary.

Rice Croquettes

Cook one cup of rice in two cups of water or chicken stock in a double boiler until tender, and the liquid is absorbed. Season with salt, pepper and onion juice; add four tablespoons butter and two egg yolks.

Cool, form in croquettes, dip in crumbs, egg and crumbs, and fry in deep fat.

Rice and Tomato Croquettes

Cook two tablespoons chopped onion in two tablespoons butter five minutes; add one tablespoon red pepper, sprig parsley, four cloves, and one and one half cups tomato;

cook five minutes. Add one cup water or chicken stock, pour into double boiler, add one half cup washed rice, and cook until rice is tender and liquid absorbed. Season with salt, pepper and paprika; add two egg yolks and four tablespoons grated cheese.

Shape, dip in crumbs, egg and crumbs, and fry in deep fat.

Rice and Cheese Croquettes

1 cup rice	salt and pepper
4 cups milk	1 egg
1 cup cheese	1 cup thick White Sauce

Cook rice in milk; when milk is absorbed add cheese, seasonings, and egg, and enough sauce to make of the consistency to shape. Shape, dip in crumbs, egg and crumbs, and fry in deep fat.

Sweet Rice Croquettes

Cook one cup rice in two cups milk in double boiler, until liquid is absorbed and rice is tender; add one fourth cup sugar and one half teaspoon salt. Cool, add two egg yolks, shape in form of nests, dip in crumbs, egg and crumbs, and fry in deep fat, hollow downward. Drain on brown paper; fill nests with cubes of jelly.

Turkish Pilaf

Cook one cup rice with one cup each of stock and tomato; when tender sauté in four tablespoons butter, season with salt and paprika. Serve hot on buttered toast.

Tomato Croquettes

Mix two cups tomato, four cloves, two slices onion, two peppercorns, one half teaspoon salt and one fourth teaspoon paprika. Cook ten minutes and press through a sieve. Melt three tablespoons butter; add one fourth cup

cornstarch and strained tomato mixture; boil ten minutes. Cool slightly, add one egg, pour into buttered pan, chill, cut in squares, dip in crumbs, egg and crumbs, fry in deep fat. Drain on brown paper. Serve.

Macaroni Croquettes

1 cup cooked macaroni
4 tablespoons butter
4 tablespoons flour
¾ cup milk or stock
few drops onion juice
salt and pepper
½ cup cheese

Melt butter; add flour and cheese; when well blended add milk, onion juice, and seasonings. Cool, add macaroni; shape, dip in crumbs, egg and crumbs, and fry in deep fat.

Corn Pudding

4 cups corn (fresh)
2 cups milk
salt
3 eggs
½ cup butter
pepper

Beat yolks; add corn, milk, butter, salt and pepper. Pour into a buttered baking dish; add beaten whites and bake in moderate oven one hour.

Nut Loaf

2 cups soft bread crumbs
1 cup chopped nut meats
⅓ cup melted butter
½ cup hot water or stock
1½ teaspoons salt
¼ teaspoon pepper
½ teaspoon Worcestershire Sauce
few drops onion juice
1 egg

Mix all ingredients; taste, add more seasoning if needed, shape in a bread pan and bake one hour in a moderate oven, covering with a tin cover for the first half of the time. Baste three times during the cooking with melted butter. Remove from pan and serve with Brown Sauce to which one fourth cup chopped nuts have been added.

CHAPTER X

BREAD

Yeast

6 pared potatoes	½ cup sugar
¼ cup hops	¼ cup salt
2 quarts water	1 cup yeast, or 1 yeast cake

Boil water and hops five minutes. Strain; add grated potatoes; boil five minutes; add sugar and salt; when lukewarm add yeast or yeast cake which has been dissolved in one fourth cup lukewarm water; let rise for six hours; pour into scalded stone jug; cork tightly; keep in cool place.

Milk Bread

2 cups scalded milk	2 teaspoons salt
1 tablespoon lard	½ cup yeast, or ½ yeast cake
1 tablespoon butter	6 cups flour
1 tablespoon sugar	

Put butter, lard, sugar and salt in mixing bowl. Add scalded milk. Dissolve yeast cake in one fourth cup lukewarm water. Add to milk mixture when lukewarm. Add flour, knead until smooth. Cover tightly and let rise until double its bulk, in temperature of sixty-eight degrees.

Knead; shape into loaves or biscuit; let rise in pans until double its bulk. Bake in hot oven: biscuit twenty to thirty minutes, loaves sixty minutes. This bread may be made without kneading by omitting one cup flour and beating ten minutes.

Water Bread

Substitute water for milk in Milk Bread.

Milk and Water Bread

Use one cup water and one cup milk, and proceed as for Milk Bread.

Salt Rising Bread

1 cup scalded milk
1 teaspoon sugar
¼ teaspoon salt
3 cups white flour
1 cup scalded milk
entire wheat flour to knead

Mix one cup milk, sugar and salt, and one cup of flour; beat well and let rise over night. In the morning beat, add other two cups of flour, the other cup of milk, cover, let rise again. When light, add the entire wheat to knead, shape in loaves, let rise in pans and bake.

Graham Bread

2 cups milk scalded
⅓ cup of molasses
2 teaspoons salt
¼ yeast cake
¼ cup lukewarm water
2 cups white flour
4 cups graham flour

Mix milk, molasses and salt. When lukewarm add dissolved yeast cake, sifted white and graham flour. Beat well.

Let rise until almost double its bulk, beat again, place in buttered bread pans or shape in biscuit, let rise, and bake in an oven which is a little cooler than for white bread,—loaves one and one quarter hours and biscuit thirty minutes.

Entire Wheat Bread

2 cups scalded milk
⅓ cup sugar, or
½ cup molasses
¼ yeast cake
¼ cup lukewarm water
1½ teaspoons salt
5 cups sifted entire wheat

Mix milk, sugar or molasses, and salt. When lukewarm add dissolved yeast and flour. Beat well, let rise until double its bulk, beat, let rise in buttered bread pans until double its bulk, and bake one hour in moderately hot oven, or bake in gem pans thirty minutes.

Rye Bread

2 cups scalded milk
2 tablespoons butter
1 tablespoon sugar
3 cups flour
2 teaspoons salt
½ yeast cake
¾ cup lukewarm water
3 cups rye

Put butter, sugar and salt in mixing bowl; add scalded milk; when lukewarm, add dissolved yeast cake and white flour.

Let rise until of spongy consistency; add rye flour and knead. Let rise again, shape into loaves or rolls. Rise again and bake the same as Graham Bread.

Gluten Bread

2 cups boiling water
2 cups scalded milk
2 teaspoons butter
2 teaspoons salt
1 egg
¼ yeast cake
¼ cup warm water
3 cups gluten

Mix water, milk, salt and butter. When lukewarm, add dissolved yeast cake, egg well beaten, and gluten. Let rise, when spongy beat well, add enough more gluten to shape. Knead, let rise, shape in loaves, let rise, and bake one hour.

Date Bread

Add one cup chopped dates to Graham or Entire Wheat Bread.

Walnut or Filbert Bread

Add two cups chopped nuts to Graham or Entire Wheat Bread, just before putting into pans.

Brown Bread

1 cup corn meal
1 cup graham flour
1 cup rye flour
1½ teaspoons salt
½ cup molasses
2 cups sour milk
1½ teaspoons soda

Sift the soda through a very fine sieve, add to dry ingredients and sift again. Add molasses and sour milk, beat well. Pour into buttered molds and steam three hours. If a hard crust is desired, remove bread from molds and bake fifteen minutes.

Raised Brown Bread

2 cups corn meal
¼ yeast cake
2 cups rye
½ cup molasses
1 teaspoon salt
⅛ teaspoon soda
¼ cup lukewarm water
2 cups boiling water

Pour boiling water on corn meal. When lukewarm add dissolved yeast cake and remaining ingredients. Beat well, let it rise over night, beat and pour into a buttered brown-bread tin. Bake in moderate oven from one and one half to two hours.

Sweet Milk Brown Bread

1 cup flour
1 cup graham flour
1 cup entire wheat flour
1½ teaspoons salt
¾ cup molasses
1¾ cups milk
¾ teaspoon soda

Sift the soda through a very fine sieve, add to dry ingredients and sift again. Add molasses and milk, beat well. Pour into buttered mold and steam three hours.

Buns

4 cups flour
1 cup milk
⅓ cup sugar
⅓ cup butter
1 teaspoon salt
½ yeast cake
¼ cup lukewarm water
3 eggs

Mix salt, sugar, butter and milk. When lukewarm, add dissolved yeast cake, yolks well beaten, whites well beaten and flour. Knead thoroughly; let rise over night; knead, roll into flat cake, fold in three pieces. Knead and fold in this way four separate times. Add one cup cleaned currants. Cut off small pieces, shape into rolls, and brush with butter; let rise. Bake in a moderate oven thirty minutes; brush with molasses or sugar dissolved in milk; return to the oven to dry.

Brioche

4 cups flour
1 teaspoon salt
2 tablespoons sugar
½ cup butter
1 yeast cake
¼ cup lukewarm water
8 eggs
1 cup milk

Scald milk; when lukewarm add dissolved yeast cake; add remaining ingredients and beat well for one half hour. Let rise to double its bulk; cut down; keep in ice box over night; in the morning, shape.

For Coffee Cakes, make into biscuit, then into finger shapes, twist ends in opposite directions, shape in crescents, let rise in pan. Bake in moderate oven. Brush with confectioners' sugar dissolved in boiling water.

This mixture may be used for Buns.

Parker House Rolls

2 cups scalded milk
½ yeast cake
¼ cup lukewarm water
¼ cup butter melted
2 tablespoons sugar
1 teaspoon salt
flour

Mix scalded milk, when cool, with dissolved yeast cake. Add two cups flour; beat thoroughly and let rise.

When spongy add remaining ingredients and flour to knead. Knead; let rise; when double its bulk, shape into balls; lay on buttered sheet; cover with dripping pan.

When risen to double their bulk, press with floured handle of wooden spoon almost dividing the biscuit. Brush one half with butter ; press the two halves together ; place on buttered tin ; let rise. Bake when light ten to fifteen minutes.

Braids

Use Parker House Roll mixture; make in small balls ; roll balls into long sticks; fasten three ends together and braid. Cut braids into four-inch lengths ; let rise ; bake. When done, brush with melted butter.

Crescents

Shape Parker House Roll mixture into balls then into sticks. Roll sticks in shape of crescents, let rise, and bake.

Bread Sticks

1 cup scalded milk
1 tablespoon sugar
¼ cup butter
1 teaspoon salt
½ yeast cake
¼ cup lukewarm water
1 egg white
3 to 4 cups flour

Mix butter, sugar, salt and milk. When dissolved, add yeast cake, white of egg well beaten, and enough flour to knead. Let rise to double its bulk, knead, shape, let rise again, and bake in hot oven.

Swedish Rolls

2 cups milk
½ yeast cake
¼ cup lukewarm water
4 eggs
¼ cup butter
2 teaspoons salt
½ cup sugar
1 cup currants
3 tablespoons cinnamon
flour to knead
½ cup chopped citron

Melt butter in scalded milk; when lukewarm, add dissolved yeast, salt, eggs well beaten and flour to knead. Let rise; roll into a sheet; brush with melted butter;

dredge with cinnamon and sugar; sprinkle with citron and currants; roll like jelly roll; cut in one half inch slices; place on buttered sheet; let rise. Bake one half hour.

Raised Muffins

2 cups milk
¼ cup melted butter
¼ cup sugar
2 eggs
1 teaspoon salt
½ yeast cake
1 cup lukewarm water
3 to 4 cups flour

Mix milk, butter, sugar and salt; when lukewarm, add dissolved yeast and enough flour to make a drop batter. Let rise over night. In morning add eggs, yolks and whites beaten separately. Place buttered muffin rings on buttered griddle or dripping pan; fill rings two thirds full, and cook on griddle on top of stove or in dripping pan in oven.

Oatmeal Muffins

1 cup scalded milk
1 cup cold cooked oatmeal
¼ cup sugar or
¼ cup molasses
½ teaspoon salt
½ yeast cake
¼ cup lukewarm water
2 to 3 cups flour

Mix oatmeal, scalded milk, sugar and salt. When lukewarm, add dissolved yeast cake. Add flour to make a stiff batter; beat five minutes. Let rise over night. Beat and fill buttered gem pans, one half full; let rise; and bake in moderate oven one half hour.

Bran Muffins

1¾ cups bran
¼ cup white flour
1 cup milk
2 tablespoons molasses
1 egg
3 teaspoons baking powder
1 tablespoon butter
¼ teaspoon salt

Mix dry ingredients; add egg well beaten, molasses, milk and melted butter; beat well and bake in buttered gem pan twenty to thirty minutes in moderate oven.

Rusk

To one half the rule for Milk Bread, add two eggs well beaten. Shape in small balls; place close together in baking pan; let rise until very light; brush with sugar dissolved in water; sprinkle with sugar. Bake.

Rusks must be very light before being baked.

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Cut rusks into slices one half inch thick. Dry in oven until a golden brown.

Pulled Bread

Remove the crust from a loaf of bread and tear the crumb in pieces. Place in oven and dry until crisp all through.

Five-hour Bread

Use any of the receipts for bread, using one yeast cake instead of amount of yeast given. The bread should be made and baked in five hours' time.

Squash Bread

Add one cup stewed and sifted squash to Milk Bread.

Baking Powder Biscuit

2 cups sifted flour
2 tablespoons butter or
2 tablespoons lard or
1 tablespoon butter and 1 tablespoon lard
1 teaspoon salt
4 teaspoons baking powder
¾ to 1 cup milk or
half milk and half water

Mix and sift the dry ingredients. Add shortening and chop with knife until mealy. Add milk gradually until a soft spongy dough. Turn on to a floured board; toss with knife until whole surface is floured; pat lightly with rolling pin until one half inch thick. Cut in rounds and bake immediately on buttered sheet in quick oven, about twelve minutes.

Drop Biscuit

Use receipt for Baking Powder Biscuit, using enough milk to make a drop batter.

Drop into buttered muffin pans and bake in hot oven.

Fruit Biscuit

Roll Baking Powder Biscuit mixture to one fourth inch; brush with melted butter; sprinkle with cinnamon and sugar and chopped raisins and citron.

Roll like a jelly roll; cut in one half inch pieces; place on buttered tin; brush with melted butter; sprinkle with brown sugar. Bake in hot oven.

Egg Muffins

2 cups flour
1 teaspoon salt
3 teaspoons baking power
1 cup milk
2 eggs
3 tablespoons melted butter

Mix and sift the dry ingredients. Add beaten yolks, butter and milk. Beat well; cut and fold in the stiffly beaten whites. Turn into gem pans; bake in hot oven ten to fifteen minutes. Three tablespoons sugar may be added if desired.

Sally Lunn

Use receipt for Egg Muffins, using three eggs instead of two, and bake in cake pan instead of muffin pan.

Berry Muffins

½ cup butter
1 cup sugar
1 egg
2 cups flour
4 teaspoons baking powder
1 cup milk
1 cup berries
¼ teaspoon salt

Cream butter; add sugar, yolk well beaten, flour mixed and sifted with dry ingredients, milk, white of egg beaten until stiff, and berries. Bake in buttered muffin pans or in buttered cake pan.

Dutch Apple Cake

Use rule for Egg Muffins. Spread mixture one half inch thick on buttered pans. Lay apples cut into eighths in two rows on top of dough. Sprinkle with sugar; bake in hot oven thirty minutes. Serve with Lemon Sauce or as a tea cake.

Corn Muffins

1 cup corn meal
1 cup flour
¼ cup sugar
1 cup milk
¼ cup butter
4 teaspoons baking powder
½ teaspoon salt
2 eggs

Cream butter; add sugar, yolks well beaten, flour mixed and sifted with corn meal, baking powder and salt, milk and beaten whites. Bake in buttered muffin tins twenty-five minutes in hot oven.

A very good muffin may be made by using only two tablespoons butter and one egg.

Entire Wheat or Graham Muffins

1 cup entire wheat or graham flour
1 cup white flour
2 tablespoons sugar, or
2 tablespoons molasses
½ teaspoon salt
4 teaspoons baking powder
1 egg
1¼ cups milk
4 tablespoons melted butter

Mix and sift dry ingredients, and combine in order given. Bake in hot muffin pans twenty to twenty-five minutes.

Rye Muffins

1 cup rye flour
1 cup white flour
1 teaspoon salt
4 teaspoons baking powder
¼ cup sugar
1 cup milk
1 egg

Mix and sift dry ingredients; add remaining ingredients; beat well. Bake in hot gem pans twenty to thirty minutes.

Hominy and Corn Muffins

¼ cup corn meal
1 cup scalded milk
¼ cup sugar
4 teaspoons baking powder
½ cup hominy
1 teaspoon salt
2 tablespoons butter
½ cup boiling water
2 eggs

Cook hominy, salt, butter and boiling water twenty minutes. Cool. Scald corn meal with hot milk, add sugar and hominy, yolks of eggs; beat well; add baking powder and beaten whites of eggs. Bake in hot buttered gem pans twenty to thirty minutes.

Rice and Corn Muffins

1 cup corn meal
1 cup cold cooked rice
1 teaspoon salt
2 teaspoons baking powder
¼ cup milk
1 egg
2 tablespoons melted butter

Mix corn meal, salt and baking powder; add rice and work with fingers until well blended. Add egg well beaten, milk and butter. Beat well Pour into hot buttered gem pans, and bake one half hour.

Spider Corn Cake

½ cup corn meal
½ cup flour
¼ cup sugar
½ cup sour cream
1 teaspoon salt
½ teaspoon soda
2 eggs
¾ cup sweet milk

Mix and sift dry ingredients twice; add well-beaten egg and cream; beat well. Butter an agate pan; heat very hot; pour in mixture; pour milk on top. Bake thirty minutes.

Popovers

1 cup flour
1 cup milk
⅛ teaspoon salt
1 egg

Mix all ingredients and beat five minutes. Pour into hissing hot buttered gem pans and bake in hot oven twenty minutes.

Fried Rye Muffins

¾ cup rye meal
¾ cup flour
½ cup milk
2 eggs
3 teaspoons baking powder
½ teaspoon salt
¼ cup molasses

Mix and sift dry ingredients; add remaining ingredients; beat well. Drop from a spoon into hot fat. Fry like doughnuts.

Oat Muffins

1 cup warm oatmeal
1 cup flour
¼ cup sugar
4 teaspoons baking powder
1 teaspoon salt
½ cup milk
1 egg
1 to 4 tablespoons melted butter

Mix flour, sugar, baking powder, salt; add oatmeal and work until well mixed. Add remaining ingredients. Beat well. Bake in hot buttered gem pans twenty minutes.

SHORTCAKES

Shortcake

2 cups flour
½ teaspoon salt
3 teaspoons baking powder
3 tablespoons butter
3 tablespoons lard
1 cup milk

Mix and sift the dry ingredients. Add butter and lard and chop until thoroughly blended. Add milk. When thoroughly mixed, divide in halves; put each half into a round, buttered cake tin. Flour hand and pat to fit the tin. Bake ten to twelve minutes in hot oven. Separate the upper portions from the lower portions of each cake with a fork — never cut with a knife. Spread with butter, fill with filling, and arrange in layers, with filling between.

Orange Shortcake

Peel oranges, cut in slices. Sweeten to taste and use for filling for shortcake.

Peach Shortcake

Peel, cut in slices, and sweeten three cups of peaches. Add two tablespoons lemon juice, spread between layers of shortcake. Garnish top layer with peaches and beaten cream.

Strawberry Shortcake

Hull, cut in pieces, and sweeten two boxes of strawberries. Let them stand several hours. Arrange between layers of shortcake and garnish top with whole strawberries and beaten and sweetened cream.

Raspberry, Blackberry, and Pineapple shortcake may be made in a similar way.

GRIDDLE CAKES

Sour Milk Griddle Cakes

2 cups flour
1 teaspoon salt
2 tablespoons sugar
1 teaspoon soda
2 cups sour milk
2 eggs

Mix in order given, beat well. Heat a griddle; when hissing hot, grease with piece of salt pork on end of fork. Drop a tablespoon of batter from tip end of spoon on hot griddle. When full of bubbles, turn; when cooked on both sides, serve on hot plate.

If sour milk is very rich, the eggs may be omitted.

Graham Griddle Cakes

1 cup graham
½ cup flour
1 tablespoon sugar
2 teaspoons baking powder
2 eggs
1¼ cups milk
1 teaspoon salt

Scald milk, and pour on to graham flour. When cold, add remaining ingredients; beat well and cook as Griddle Cakes.

Bread Griddle Cakes

2 cups soft bread crumbs
2 cups scalded milk
1 teaspoon salt
1 cup flour
2 eggs
2 teaspoons baking powder

Pour milk on to bread crumbs and let stand several hours. Add dry ingredients, mixed and sifted, yolks and whites beaten separately, and cook as Griddle Cakes.

Rice Griddle Cakes

1 cup cooked rice
1 cup milk scalded
1½ cups flour
2 eggs
1 teaspoon salt
1 tablespoon sugar
1 tablespoon melted butter
1 cup milk
2 teaspoons baking powder

Pour scalded milk on to rice; let stand over night. Add dry ingredients, eggs well beaten, and last of all, cold milk. Beat well and cook as Griddle Cakes.

Hominy Griddle Cakes

Substitute hominy for boiled rice, and cook as Rice Griddle Cakes.

Sweet Milk Griddle Cakes

1½ cups flour or entire wheat
2 teaspoons baking powder
1 teaspoon salt
1 cup milk
1 egg
2 tablespoons melted butter

Mix and sift dry ingredients, add yolks well beaten, milk, whites well beaten, and melted butter. Cook as Griddle Cakes.

Buckwheat Cakes

2 cups buckwheat
½ cup corn meal or white flour
1 teaspoon salt
¼ cup molasses
½ yeast cake
¼ cup lukewarm water
2 cups warm water
1 teaspoon soda

Mix buckwheat, corn meal, and salt; add dissolved yeast cake, molasses and water; beat well. Let rise over night. In the morning beat, add soda, beat, and fry.

A pitcher is the most convenient dish for raising these cakes.

Flannel Cakes

1½ cups Indian meal
1½ cups flour
1 teaspoon salt
2 tablespoons sugar
4 tablespoons butter
½ yeast cake dissolved in one quarter cup lukewarm water
3 cups scalded milk

Scald meal with milk; add butter, and when lukewarm, add remaining ingredients; let mixture rise over night. In the morning cook as Griddle Cakes.

Waffles

2 cups flour
2 teaspoons baking powder
1 teaspoon salt
3 tablespoons melted butter
1⅓ cups milk
3 eggs

Sift dry ingredients; add yolks well beaten, milk, butter and stiffly beaten whites. Beat well and cook on hot waffle iron. The waffle iron should be heated fifteen or twenty minutes before using and greased thoroughly with salt pork fat.

New England Fried Bread

2 cups raised bread dough
1 teaspoon cinnamon

Roll dough to one half inch in thickness, sprinkle with cinnamon, cut in diamonds; raise; fry in deep fat; serve with sirup.

German Pancakes

4 eggs
4 tablespoons flour
⅛ teaspoon salt
4 tablespoons milk

Beat yolks until lemon colored and thick; add flour and salt. Cut and fold into this mixture, the beaten whites. Add milk; pour into greased baking dish. Bake in moderate oven, twenty to thirty minutes. Serve immediately.

FRITTERS

Batter for Fruit Fritters

1 cup flour
2 tablespoons sugar
½ teaspoon salt
grated rind 1 lemon
2 eggs
½ cup milk

Mix and sift the dry ingredients; add beaten yolks, lemon rind, and milk. Beat, cut and fold in the beaten whites of eggs and use for all kinds of fruits.

Apple Fritters

Core and pare apples, cut in round slices. For each eight apples, mix one fourth cup sugar and four tablespoons lemon juice. Let apples stand in this mixture for one hour; dip in Fritter Batter; fry in hot fat; drain on brown paper. Sprinkle with sugar.

Banana Fritters

Remove skins from four bananas. Cut each one in four equal parts. Sprinkle with four tablespoons sugar, four tablespoons lemon juice, or wine, and let stand one hour. Dip in Fritter Batter; fry in deep fat; drain on brown paper. Serve.

Orange, Peach, and Pear Fritters

Are all made in the same way as Banana Fritters.

Cumquat Fritters

Wash cumquats; cut in halves; let stand in Fritter Batter one hour; fry in deep fat; drain on brown paper.

Corn Fritters

1 cup corn
1 cup flour
2 teaspoons salt
few grains cayenne
1 egg
½ cup milk
1 tablespoon olive oil

Beat egg; add remaining ingredients. Drop by spoonfuls into deep fat. Fry six to eight minutes. Drain and serve hot. Canned corn may be used if fresh corn is not available.

Cauliflower Fritters

Separate the flowerets of cold, cooked cauliflower. Sprinkle with salt and pepper; dip in olive oil, then in Fritter Batter; fry in deep fat.

Celery, Parsnip, and Salsify Fritters

Cut cold, cooked vegetables in small pieces. Prepare the same as Cauliflower Fritters.

Tomato Fritters

3 cups tomatoes
bit of bay leaf
4 tablespoons butter
4 cloves
3 tablespoons chopped onion
2 tablespoons chopped red pepper
½ cup cornstarch
1 egg
1 teaspoon salt

Melt butter; add onion and pepper, cook five minutes, add cornstarch, tomatoes, cloves, bay leaf and salt. Cook until thick. Strain. Add beaten egg. Cool in buttered tin. Cut in any shape desired. Dip in crumbs, egg and crumbs, and fry in deep fat.

Shell Fritters

2 cups flour
1 cup water
½ cup sugar
½ cup butter
½ teaspoon salt
grated rind and juice 1 lemon
5 eggs
1 tablespoon flavoring

Mix butter, fruit juice, rind and water; boil two minutes. Add sugar and flour. Beat until mixture leaves sides of pan. Cool. Add eggs, one at a time, and beat five minutes between each addition. Drop by spoonfuls into hot fat and fry ten to twelve minutes. Drain on brown paper, sprinkle with sugar, and serve with Chocolate, Caramel, Orange, or Wine Sauce.

CHAPTER XI

SALADS

SALAD DRESSING

Mayonnaise Dressing No. 1

Success in making a Mayonnaise Dressing generally depends upon all the ingredients being of the same temperature.

2 egg yolks
1 teaspoon salt
¼ teaspoon cayenne
1 teaspoon mustard
1 tablespoon vinegar
1 tablespoon lemon juice
1 cup olive oil
¼ teaspoon paprika

Mix salt, cayenne, mustard and paprika. Beat yolks well, and add to seasonings; beat until mixture is thick, adding olive oil, drop by drop, for the first four tablespoons, then more rapidly until oil is used, thinning as needed with lemon juice and vinegar.

Mayonnaise Dressing No. 2

yolks of two hard-cooked eggs
1 teaspoon salt
1 teaspoon mustard
1½ cups olive oil
¼ teaspoon paprika
few grains cayenne
1 tablespoon vinegar
1 tablespoon lemon juice
1 raw egg yolk

Mash hard-cooked yolks; add raw yolk, salt, mustard, paprika and cayenne. Stir until well blended; beat while adding four tablespoons oil, drop by drop, then the remainder by teaspoonfuls, thinning by adding lemon juice and vinegar as the mixture becomes too thick to handle.

Mayonnaise Dressing No. 3

Use same ingredients as Mayonnaise Dressing No. 2, omitting yolk of raw egg, and using one whole egg.

Mayonnaise Cream Dressing

Add one half cup cream beaten until stiff to Mayonnaise Dressing No. 1.

Butter Salad Dressing

¼ cup butter
2 tablespoons flour
2 teaspoons salt
2 teaspoons mustard
few grains cayenne
1 cup milk
½ cup vinegar
3 eggs

Melt butter; add flour, mustard, salt, cayenne and milk. Cook in double boiler five minutes. Pour on to the beaten eggs; add vinegar, and cook in double boiler until mixture thickens.

French Dressing No. 1

1½ teaspoons salt
⅛ teaspoon pepper
few grains cayenne
⅛ teaspoon paprika
6 tablespoons oil
3 tablespoons vinegar

Rub bowl with onion; mix salt, pepper, cayenne; add paprika, oil and vinegar. Stir with a piece of ice.

French Dressing No. 2

½ teaspoon mustard
1 teaspoon salt
¼ teaspoon paprika
few grains cayenne
½ teaspoon finely minced onion
6 tablespoons oil
2 tablespoons vinegar

Mix onion, salt, mustard, paprika and cayenne. Mash until of a creamy consistency; add oil and vinegar alternately, beating all the time.

French Dressing No. 3

1 teaspoon mustard
1 teaspoon salt
¼ teaspoon paprika
few grains cayenne
3 tablespoons lemon juice
6 tablespoons oil

Mix the dry ingredients; add lemon juice and oil alternately, and beat until quite thick.

Cream Dressing

3 egg yolks hard cooked
1 teaspoon salt
⅛ teaspoon cayenne
1 teaspoon mustard
2 tablespoons vinegar
1½ cups thick cream

Mash the yolks; add salt, vinegar and mustard. Beat the cream until stiff; add the beaten cream, little at a time, to the egg mixture; when stiff, add cayenne.

Boiled Dressing

3 tablespoons butter
1 teaspoon salt
1 teaspoon mustard
½ teaspoon paprika
1 cup milk
3 egg yolks
¼ cup hot vinegar

Cream butter; add seasonings and hot milk; pour on to the egg yolks. Cook in double boiler until thick; add vinegar, strain, and serve.

Boiled Cream Dressing

¼ cup butter
1 teaspoon salt
1 teaspoon mustard
1 teaspoon paprika
3 egg yolks
2 tablespoons flour
¼ cup vinegar
1 cup cream

Melt butter; add flour, seasonings, egg and vinegar; cook until thick; add beaten cream. Beat well, chill, and serve.

Boiled Salad Dressing

3 eggs
1 tablespoon oil
1 tablespoon salt
½ tablespoon mustard
1¼ cups milk
¾ cup vinegar

Beat eggs slightly; add gradually oil, salt and mustard; when smooth, add vinegar, then milk. Cook in double boiler, stirring constantly until mixture thickens.

Horse-radish Cream Dressing

4 tablespoons grated horse-radish
1 teaspoon salt
2 tablespoons vinegar
¼ teaspoon paprika
few grains cayenne
¼ cup cream

Beat cream until stiff; add remaining ingredients and serve.

Horse-radish Cream Dressing No. 2

¼ cup grated horse-radish
2 tablespoons lemon juice
2 tablespoons vinegar
1 teaspoon Worcestershire Sauce
1 teaspoon salt
½ teaspoon mustard
½ teaspoon paprika
1 cup cream

Beat cream until stiff. Add remaining ingredients, and serve.

SALADS

Aspic Jelly Salad

Serve small molds of Aspic Jelly on crisp lettuce leaves. Garnish with curled celery; marinate with French Dressing, and garnish with Mayonnaise Dressing.

Butter Bean Salad

2 cups cold butter beans
French Dressing
Cream Dressing
2 hard-cooked eggs
parsley
few drops onion juice

Cover beans with French Dressing and let stand one half hour. Drain, sprinkle with onion juice, mix with Cream Dressing. Arrange on serving dish and garnish with slices of hard-cooked eggs, cut lengthwise, and parsley.

Beet Salad

6 cooked beets
parsley
French Dressing
4 hard-cooked eggs

Cut beets in cubes; marinate with French Dressing; let stand one hour. Chop the whites of the eggs until fine; press yolks through a sieve. Arrange beets on salad dish in a mound. Garnish base of mound with alternating rows of white and yolk of egg, and parsley.

Lima Bean Salad

Prepare, dress, and garnish the same as Butter Bean Salad.

Celery Salad

Wash, scrape, and cut in small pieces, one bunch of celery, using the top leaves and upper part of stalks for garnishing. Cut the stalks in two-inch pieces and curl both ends. Mix the celery with Mayonnaise Dressing; let it stand in the ice chest one half hour. Garnish with Mayonnaise, curled celery, and celery leaves.

Cabbage Salad No. 1

Mix one cup and a half of cabbage and one cup and a half of celery; add one tablespoon chopped onion, one teaspoon Worcestershire Sauce, and one cup Boiled Dressing. Chill and serve.

Cabbage Salad No. 2

Remove the center from a heavy white cabbage, leaving a shell. Shred center and mix with Cream Dressing or Mayonnaise. Chill, fill cabbage shell, arrange on a thick bed of parsley, and garnish top of shell with a border of parsley.

Cauliflower Salad

Marinate one cup cold boiled cauliflower with a French Dressing. Drain, add boiled dressing. Chill. Serve on bed of water cress and sprinkle with grated Edam cheese.

Cherry Salad

Remove stones from two cups cherries. To cherries add one cup chopped English walnuts, one cup chopped celery, and three fourths cup Mayonnaise. Chill, arrange in lettuce nests, and garnish with one whole cherry on top of each nest.

Cheese Salad No. 1

Mix two cream cheeses with one cup walnut meat. Moisten with cream; shape into balls. Chill. Marinate

two heads of lettuce; arrange in nests; place five balls in each nest; sprinkle with finely chopped and dried parsley. Pass French Dressing with this salad.

Cheese Salad No. 2

Mix two cream cheeses with one half cup chopped pimento. Season with salt and cayenne; moisten with cream. Line a shallow baking pan with paraffine paper; press cheese mixture in this pan to the depth of one inch; cover with paraffine paper, and put under pressure, on ice. When thoroughly chilled, cut in squares; arrange on lettuce leaves; garnish with strips of pimento, radiating from the center. Pass French Dressing with this salad.

Chestnut Salad No. 1

Cut two cups of boiled chestnuts in small pieces. Add two cups oranges, cut in small pieces, one tablespoon lemon juice, and one cup Mayonnaise. Chill, serve on lettuce, and garnish with grated orange rind.

Chestnut Salad No. 2

Mix two cups boiled chestnuts, one cup celery, and one half cup sour cherries, with one cup Cream Dressing. Chill and serve on water cress. Garnish with cherries, walnuts and dressing.

Chicken Salad No. 1

Mix two cups chicken meat cut in small pieces, two cups celery, also cut in small pieces. Marinate with French Dressing. Chill. Arrange in salad bowl. Mask with Mayonnaise and decorate with hard-cooked eggs, cut in slices, capers, and Mayonnaise pressed through a pastry bag and tube.

Chicken Salad No. 2

Mix one cup each, cold cooked chicken cut in pieces, cucumber cut in cubes, and celery cut in pieces. Marinate with French Dressing. Chill, drain, mix with one half cup Mayonnaise. Arrange in salad bowl; garnish with pimolas, yolks of eggs put through a strainer, whites of eggs chopped fine, Mayonnaise and curled celery.

Chiffonade Salad

Cut celery into one-inch pieces, and pieces into straws, until one cup is obtained. Remove the pulp from grapefruit, making one cup. Remove the skin, and slice four medium-sized tomatoes. Break chicory leaves into pieces for serving. Marinate all separately with French Dressing. Arrange in separate mounds on a serving dish. Garnish each with chopped chives, green peppers cut in strips, and parsley. Pass French and Mayonnaise Dressing.

Chicory Salad

Separate leaves; marinate with French Dressing. Serve crisp and cold.

Cucumber Salad No. 1

Cut four cucumbers in strips, lengthwise, then in half-inch pieces. Add one cup sweetbreads cooked, and cut in small pieces. Mix with Cream Dressing, chill, and serve on crisp lettuce.

Cucumber Salad No. 2

Cut six small cucumbers in slices, not quite severing them. Cover with French Dressing, chill, and serve one to each person.

Cucumber Salad No. 3

Mix one cup each of cucumber cut in cubes, cooked oysters cut in pieces, and celery cut in pieces. Add one cup Cream Dressing. Chill. Arrange on lettuce leaves in salad bowl.

Crab Salad

Marinate two cups crab meat with French Dressing. Drain; add one half cup Mayonnaise Dressing; arrange in crab shells. Chill. Garnish with pimolas and Mayonnaise Dressing.

Egg Salad No. 1

Cut six hard-cooked eggs in slices, crosswise. Cut twelve radishes in crosswise slices. Marinate each, and arrange in layers on a bed of lettuce. Garnish with Cream Dressing and radish roses.

Egg Salad No. 2

Cut six eggs in halves, lengthwise; remove yolks; add an equal amount of cold cooked ham, chopped; moisten with Cream Dressing, return to whites, and serve on a bed of water cress, chicory, or shredded lettuce. Pass Cream Dressing with this salad.

Egg Salad No. 3

Remove the yolks from six hard-cooked eggs, leaving the whites in rings. Mash yolks; add an equal amount of cold cooked veal or lamb, cut in small pieces. Moisten with French Dressing; add one teaspoon chopped chives; shape into balls, and arrange on bed of lettuce. Garnish with white egg rings.

Endive Salad

Marinate leaves of endive with French Dressing. Chill one hour, and serve crisp. Sprinkle with chopped chives.

Escarole Salad

Prepare the same as Endive Salad, and sprinkle with finely chopped green peppers.

Lettuce Salad No. 1

Separate the leaves from two heavy heads of lettuce. Wash, drain, chill; marinate with French Dressing. Chill;

replace in former shape, making one head out of the two, having all green leaves on the outside.

Lettuce Salad No. 2

Remove leaves from lettuce. Wash, drain and dry. Place leaves together, roll, and cut in narrow ribbons. Marinate with French Dressing. Arrange in nests, with a tablespoon of Mayonnaise in each nest.

Lobster Salad No. 1

Marinate four cups lobster in French Dressing, Chill, drain, mix with one cup Mayonnaise Dressing, and arrange on white lettuce leaves. Garnish with Mayonnaise and pounded lobster coral.

Lobster Salad No. 2

Mix two cups lobster meat with four hard-cooked eggs, chopped fine. Marinate with French Dressing. Drain; add Mayonnaise; serve on lettuce; garnish with chopped olives and sprinkle with finely chopped chives.

Lobster Salad No. 3

Mix equal parts of cucumbers cut in cubes, lobster cut in pieces, tomatoes cut in pieces, with Mayonnaise Dressing. Chill; arrange on lettuce leaves; garnish with alternate slices of tomatoes and cucumbers; and Mayonnaise Dressing put through the pastry bag and tube.

Macedoine Salad

One cup each of string beans, green peas, carrots and celery. Sprinkle with salt and cayenne, and marinate with French Dressing. Chill one hour. Arrange in mounds on salad dish, and separate mounds with cold cooked cauliflower which has been separated and marinated.

Any combination of cold cooked vegetables may be prepared in the same way.

Onion Salad

Peel six Bermuda onions. Slice, and let them stand one hour in ice water. Drain, sprinkle with sugar, and marinate with French Dressing. Serve ice cold on cress.

Potato Salad No. 1

Cut raw potatoes in balls with French vegetable cutter. Cook three cups of these balls with one sliced onion in boiling salted water until tender. Chill, marinate with French Dressing, cover with boiled dressing, arrange on salad dish. Sprinkle with chopped chives, and garnish with a daisy made of hard-cooked eggs, cut lengthwise.

Potato Salad No. 2

Marinate one cup each of cold cooked potatoes, cut in dice, cold cooked turnip, also cut in dice, and cold cooked beets, finely chopped. Arrange in salad dish, separating each vegetable with small leaves of parsley.

Rice and Vegetable Salad

Mix one cup each of celery, carrots and rice. Marinate all separately with French Dressing. Arrange on lettuce leaves in shape of a mound, having rice at the bottom and carrots at the top. Garnish with spoonfuls of Mayonnaise on the lettuce.

Sardine Salad

Remove bones from one dozen sardines; mix four hard-cooked eggs finely chopped, twelve pimolas finely chopped, and three pickles finely chopped. Marinate with a French Dressing. Serve sardines on lettuce and dot over them spoonfuls of the egg mixture.

Salmon Salad No. 1

Prepare the same as Lobster Salad No. 1.

Salmon Salad No. 2

Prepare and serve the same as Lobster Salad No. 2.

Salmon Salad No. 3

Mix two cups cold cooked salmon with enough Mayonnaise Dressing to make it creamy. Pack in timbale molds, chill; remove from molds. Serve on lettuce, and garnish with marinated slices of cucumber and Mayonnaise Dressing.

Scallop Salad

Mix two cups of cold cooked scallops cut in small pieces, one cup of celery cut in shreds, with Mayonnaise Dressing. Chill one hour. Serve in nests of lettuce. Garnish with Mayonnaise, chopped olives and chopped chives.

Shad Roe Salad

Marinate two cups each of cucumber and cooked shad roe. Chill one hour; add one half cup Mayonnaise. Arrange in salad bowl; garnish with marinated slices of cucumber and crisp lettuce leaves. Sprinkle the slices of cucumber with chopped chives.

Shrimp Salad

Marinate two cups of shrimps with French Dressing. Add one half cup each of olives and pimentoes. Chill one hour. Drain ; add one half cup of Mayonnaise Dressing ; serve on lettuce and garnish with whole shrimps.

Spinach Salad

Mix two cups cold, cooked, and seasoned spinach, with four hard-cooked eggs, finely chopped. Press into timbale molds; chill; remove; arrange in nests of lettuce; cover

with French Dressing. Garnish top and edge of salad with egg, arranged like daisies. Pass Cream or Mayonnaise Dressing with this salad.

Sweetbread Salad

Marinate one cup each of cold cooked sweetbreads, celery and cucumbers. Chill one hour. Drain; mix with Mayonnaise; serve on lettuce, and garnish with pimento.

Sweetbread and Cucumber Salad

Mix two cups sweetbreads and two cups cucumbers cut in small pieces, with Mayonnaise Dressing; add one teaspoon gelatine, which has been dissolved in water. Press in timbale molds. Chill; remove from molds, and serve in individual nests of lettuce. Garnish with Mayonnaise Dressing and chopped parsley.

Stuffed Tomato Salad No. 1

2 cups chicken stock
1½ tablespoons gelatine
¼ cup chopped chicken
¼ cup chopped ham
2 chopped pickles
2 chopped pimentoes
1 tablespoon lemon juice
1 tablespoon chopped parsley
6 tomatoes

Heat chicken stock; season highly; dissolve gelatine in stock; add chicken, ham, pickles, pimentoes, lemon juice and parsley. Remove a slice from the top of each tomato, scoop out the pulp, fill the shells with the chicken jelly. Chill and serve on crisp lettuce leaves.

Stuffed Tomato Salad No. 2

Remove the skin from eight tomatoes; scoop out the inside. Chill shells. Drain pulp; add equal quantity of celery, shrimps and cucumber, mixed with Mayonnaise Dressing. Refill shells; serve on cress, and garnish with Mayonnaise Dressing.

Tomato and Nut Salad

Remove the skin from eight tomatoes; scoop out the inside; mix the drained pulp with equal amount of chopped walnuts and one fourth cup chopped green peppers. Add Mayonnaise Dressing or Cream Dressing. Refill tomato shells; serve in lettuce nests, and garnish with Mayonnaise Dressing.

French Fruit Salad

Remove the skin and seeds from one cup of white grapes. Cut three bananas in cubes and cover immediately with lemon juice. Remove the skin and white from six oranges and cut in small pieces. Mix with Mayonnaise Dressing; arrange in nests of white lettuce leaves, or serve in halves of oranges. Garnish with Mayonnaise Dressing.

Martin Salad

Cook a two-pound slice of halibut with one onion cut in slices, four slices of carrot, two tablespoons vinegar, six cloves, bit of bay leaf, and four peppercorns, in water to cover, until tender. Chill, and marinate with French Dressing. Cook four cups potato balls in boiling salted water, with two slices onion and four cloves. When done, drain and cover with hot salad dressing. Marinate two cups each of French peas and flageolettes with a French Dressing. Cut three tomatoes in slices, and marinate with French Dressing.

When all these ingredients are thoroughly chilled, rub the salad dish with onion; lay slice of halibut in center; garnish with Cream Mayonnaise; arrange potatoes at either end of slice, and sprinkle with finely chopped parsley. Arrange a mound each of flageolettes and peas on either side of halibut; cover halibut with slices of tomato

overlapping each other; garnish with the heart leaves of lettuce, arranged at intervals around the dish. Pass Mayonnaise Cream Dressing.

Vegetable Salad

Mix one cup cold cooked potatoes, one cup Tomato Jelly cut in cubes, and one cup cold cooked peas. Marinate with French Dressing; arrange on a salad dish; mask with Mayonnaise or Cream Dressing, and garnish with slices of tomato around the edge, and mounds of peas alternating with mounds of chopped pimolas.

Vegetable Oyster or Salsify Salad

Mix two cups cold cooked salsify, cut in small pieces, with a French Dressing; let it stand one hour. Rub salad bowl with clove of garlic. Arrange bed of cress in salad bowl; cover with two tablespoons Cream Dressing. Cover with drained salsify, and cover whole with Cream Dressing. Garnish with radish roses.

Waldorf Salad

Mix one cup each of small pieces of celery, apple cut in balls, and English walnuts broken in small pieces. Add one teaspoon salt, two tablespoons orange juice, and the grated rind of one orange. Add one cup Mayonnaise Dressing. Serve in lettuce nests or in apple cups, made by scooping out the pulp. Garnish with Mayonnaise Dressing and pieces of the apple skin cut in fancy shapes.

Apple Salad

Scoop out the center of eight red apples with a vegetable scoop. Mix with equal parts of finely chopped celery and Boiled Dressing. Fill apple shells and serve on bed of curled celery.

Grape Fruit Salad No. 1

Mix equal quantities of grape fruit and English walnut meats, with one half cup Mayonnaise Dressing. Serve in grape fruit cups in lettuce nests.

Grape Fruit Salad No. 2

Shred four green peppers, two red peppers, and two grape fruit. Mix with one cup chopped celery and one cup Cream Dressing. Serve on marinated water cress and garnish with stars of red and green peppers.

Sweet Grape Fruit Salad

Use same ingredients as for Grape Fruit Salad, substituting Wine Dressing for Mayonnaise Dressing.

Orange Salad

Marinate eight oranges cut in slices with French Dressing. Season highly with cayenne. Serve on water cress.

Orange Salad No. 2

Cut thin round slices of orange without removing skin; arrange in layers in salad bowl. Serve on bed of water cress, and marinate with French Dressing.

Orange Salad No. 3

Cut six oranges in halves, take out the pulp, and remove veins and sections. To the pulp add one fourth cup powdered sugar, one fourth cup chopped mint, and two tablespoons each of wine, lemon juice and orange juice. Serve in champagne glasses, and garnish with one red cherry and a bit of angelica.

Pineapple Salad

Shred one pineapple; add same amount of white grapes, skinned and seeded, equal amount of celery cut in small

pieces, and one half cup castana nuts shredded finely. Moisten with Cream Mayonnaise. Serve on lettuce leaves and garnish with red cherries.

Sweet Fruit Salad

Use same ingredients as for Pineapple Salad, substituting a Wine Dressing for Cream Mayonnaise Dressing.

Tomato Jelly

2 cups tomatoes
4 peppercorns
2 cloves
1 slice of onion
1 teaspoon Worcestershire Sauce
½ teaspoon salt
½ teaspoon paprika
2 teaspoons gelatine
½ cup cold water

Soak gelatine in cold water. Cook the remaining ingredients fifteen minutes, strain, add gelatine, when dissolved pour into individual molds or into a border mold. When cold, turn out and garnish with Mayonnaise Dressing or Celery Salad.

CHAPTER XII

SANDWICHES

THE best sandwiches are made from bread which is fine grained and one day old.

Always cream the butter for buttering the bread.

Spread the loaf with butter before cutting the slice from the loaf. Cut each slice as thin as possible. After cutting, spread the slice with the sandwich mixture, and cover with another slice. Press the slices together firmly; cut off all crust and cut in rounds, triangles, or any shape desired.

Keep sandwiches wrapped in a cheese cloth which has been thoroughly dampened with cold water, and pack in a closed box until ready to use.

Anchovy Sandwiches

Remove the bones from one dozen anchovies; add the yolks of three hard-cooked eggs, and pound to a paste.

Mix two tablespoons Parmesan cheese with a few grains of cayenne; add to anchovy mixture, with enough cream to make of the consistency to spread.

Use for a filling between slices of buttered white bread.

Caviare Sandwiches

Mix three tablespoons lemon juice, three tablespoons olive oil, and one quarter pound Russian caviare. Beat until creamy. Spread between thin slices of bread.

Celery Sandwiches

Mix one cup finely shredded celery, one fourth cup finely chopped nuts, and one fourth cup chopped olives. Moisten with Mayonnaise and spread between thin slices of brown bread.

Cheese Sandwiches No. 1

Mix one cream cheese with an equal amount of chopped walnuts; add a few grains of cayenne, season with salt, and moisten with cream. Use for a filling for graham sandwiches.

Cheese Sandwiches No. 2

Pound one quarter pound American cheese with two tablespoons butter, a few grains cayenne, and one teaspoon mustard; moisten with tarragon vinegar, and spread between thin slices of white bread.

Cheese Sandwiches No. 3

Mix one cream cheese with an equal amount of chopped pimolas; season with salt and cayenne, and moisten with cream or Mayonnaise.

Use for a filling for white or brown bread sandwiches.

Chicken Sandwiches No. 1

Mix one cup chopped chicken with one fourth cup Mayonnaise. Spread between thin slices of buttered bread.

Chicken Sandwiches No. 2

Mix one cup chopped chicken with one cup chopped almonds; moisten with cream; season with salt and paprika. Use for filling for entire wheat bread sandwiches.

Cucumber Sandwiches

Slice one cucumber; marinate with French Dressing. Sprinkle thin slices of white bread with cayenne; spread with marinated cucumbers, and cover with white bread cut in thin slices.

Egg Sandwiches

Chop two hard-cooked eggs; add olive oil and seasonings until of the consistency to spread. Use for a filling for graham bread sandwiches.

Lobster Salad Sandwiches

Mix one cup chopped lobster meat with Mayonnaise. Marinate crisp lettuce leaves. Arrange drained leaves on thin slices of bread; cover with lobster, and cover lobster with bread; sprinkle dried lobster coral on top of each sandwich. Prepare just before serving; if allowed to stand they will be unsatisfactory.

Favorite Sandwiches

Cream two tablespoons butter, add one half cup grated American cheese, two tablespoons anchovy essence, one fourth teaspoon each of paprika and mustard, and one half cup finely chopped olives. Season with salt and spread between thin slices of bread.

Club Sandwiches

Marinate crisp lettuce leaves. Butter thin slices of bread; arrange on bread one lettuce leaf, on leaf a thin slice of tongue spread with Mayonnaise, on top of this a slice of tomato spread with Mayonnaise, and cover with a thin slice of buttered bread.

Sardine Sandwiches

Mix twelve boned and skinned sardines, one tablespoon chopped pimolas and one tablespoon lemon juice. Use for filling between buttered slices of white bread.

Ham Sandwiches

Mix one cup chopped ham, one teaspoon vinegar, one teaspoon French mustard, one teaspoon horse-radish and one tablespoon olive oil. Spread between buttered slices of white bread.

Tomato and Horse-radish Sandwiches

Mix one quarter cup mayonnaise with one quarter cup horse-radish. Sprinkle slices of tomato with salt. Spread thin slices of bread with horse-radish mixture, and put sliced tomato between.

Nasturtium Sandwiches

Spread thin slices of white bread with Mayonnaise; use the petals of nasturtium flowers for filling, allowing some of the petals to come beyond the edge of the bread.

Jelly Sandwiches

Spread buttered bread with jelly and sprinkle jelly with chopped nuts. Cover with buttered bread, and shape.

Ginger Sandwiches

Use finely chopped Canton ginger for a filling for graham bread sandwiches.

Orange Sandwiches

Use orange marmalade for a filling for white or whole wheat bread sandwiches.

Striped Bread Sandwiches

Make an equal number of white bread and brown bread sandwiches; place sandwiches together in alternating colors. Wrap in damp cheese cloth and press over night. Cut in thin slices, then in strips.

When cut, these sandwiches give the appearance of marbled bread.

Fig Sandwiches

Stew figs, season with wine and lemon juice, and use for a filling for white or graham bread sandwiches.

Nut Sandwiches

Mix one cup each of chopped peanuts and walnuts with two tablespoons Mayonnaise Dressing. Spread between buttered slices of brown bread.

Chocolate Sandwich No. 1

Melt two ounces Lowney's Premium Chocolate. Add two tablespoons hot cream (or hot milk), two tablespoons wine (or one teaspoon vanilla), and enough confectioner's sugar to make of the consistency to spread. Use for a filling between crackers, or thin slices of bread or cake. Finely chopped nuts slightly salted may be added to the chocolate mixture.

Chocolate Sandwich No. 2

Cut stale bread in thin slices, cut slices in fancy shapes, butter each slice and spread with Chocolate Mixture.

Chocolate Mixture

Melt one fourth cup Lowney's Premium Chocolate, add two tablespoons sugar, two tablespoons hot water, cook over hot water five minutes, add one teaspoon butter and one half teaspoon vanilla.

Chocolate Sandwich No. 3

Spread Chocolate Mixture on saltine crackers, sprinkle with chopped walnuts and cover with saltine crackers.

Lettuce, Water Cress, Sardine, Shrimp and Oyster Sandwiches

Lettuce, water cress, sardines, shrimp and oysters may be mixed with French Dressing or Mayonnaise, and used for filling for sandwiches.

CHAPTER XIII

DESSERTS

COLD DESSERTS

Chocolate Blanc Mange No. 1

2 tablespoons gelatine
¼ cup cold water
4 ounces Lowney's Premium Chocolate
2 cups scalded milk
1 cup sugar
3 eggs
¼ teaspoon salt
1 teaspoon vanilla

Soak the gelatine in cold water; mix sugar, chocolate and eggs; add scalded milk, and cook in double boiler until a coating is formed on a spoon; add to soaked gelatine; when dissolved, add salt and vanilla; pour into mold and chill. Serve with sugar and cream, beaten cream, or Soft Custard.

Chocolate Blanc Mange No. 2

½ cup Irish moss
3 cups cold water
4 cups cold milk
2 squares Lowney's Premium Chocolate
¾ cup sugar
¼ cup boiling water

Soak Irish moss in cold water twenty minutes; drain, and pick over. Put milk in double boiler; add moss, and cook without stirring thirty minutes. Melt chocolate; add sugar and water; boil two minutes; add to first mixture. Strain, mold, chill, and serve with sugar and cream.

Chocolate Mold

4 tablespoons cornstarch
¼ cup cold milk
2 cups scalded milk
¼ cup sugar
¼ teaspoon salt
½ teaspoon vanilla
½ cup blanched almonds
3 ounces Lowney's Premium Chocolate, melted with 2 tablespoons sugar
3 egg whites

Mix cornstarch with cold milk; add sugar, salt, scalded milk, and the melted chocolate, mixed with two tablespoons sugar. Cook in double boiler twenty minutes, stirring constantly. Cool slightly, cut, and fold in the well-beaten egg whites, keeping the mixture as fluffy as possible. Add vanilla. Decorate the bottom and sides of an oval mold with halves of almonds arranged in the shape of daisies. Pour in the cornstarch mixture, chill, remove from mold, and garnish with candied cherries and beaten cream, sweetened and flavored.

A more fancy dish is obtained by making double the receipt and putting the chocolate into half the mixture, keeping the other half white. Mold the white in small glasses or timbale molds and arrange around the oval mold. Garnish each small mold with half cherry, and the spaces between with cream forced through the pastry bag. See colored illustration, Plate I, opposite.

Chocolate Charlotte Russe

1 pint cream whipped until stiff
¾ cup powdered sugar
2 ounces Lowney's Premium Chocolate or
¼ cup Lowney's Cocoa
3 egg whites
¼ teaspoon salt
1 teaspoon vanilla or
1 tablespoon brandy
sponge cake or macaroons

Melt the chocolate over hot water, or mix the cocoa with one quarter cup hot water; add sugar, cream whipped until stiff, whites of eggs beaten until stiff, salt and flavor-

CHOCOLATE MOLD

Plate I. For Receipt see page 204

CHOCOLATE CHARLOTTE RUSSE

Plate II. For Receipt see page 204

CHOCOLATE BAVARIAN CREAM

Plate III. For Receipt see page 205

CHOCOLATE TRIFLE

Plate IV. For Receipt see page 205

ing. Line a mold with lady fingers or sponge cake; fill with cream mixture, and chill at least one hour. This mixture may be molded in individual molds; then one half hour will be sufficient to chill it. See colored illustration, Plate II, opposite.

Chocolate Bavarian Cream

2 ounces Lowney's Premium Chocolate
½ cup sugar
4 egg yolks
¼ cup cold water
2 cups milk
2 tablespoons granulated gelatine
2 cups cream
¼ teaspoon salt

Melt chocolate; add sugar, eggs and milk; cook in double boiler until mixture thickens; soak gelatine in cold water; dissolve in egg mixture, strain, cool, and when beginning to harden, fold in whip from two cups of cream. Pour into mold to harden. Unmold and garnish with beaten cream and cherries. See colored illustration, Plate III, opposite.

Chocolate Trifle

3 squares Lowney's Premium Chocolate
⅔ cup powdered sugar
½ cup boiling water
1 teaspoon vanilla
1½ tablespoons granulated gelatine
¼ cup cold water
½ cup scalded milk
whip from 3 cups cream

Melt chocolate; add sugar and water; cook until smooth. Soak gelatine in cold water; dissolve in boiling water; add chocolate mixture. Chill partially; add vanilla, and whip from cream. Mold, chill, and serve, garnished with beaten cream and cherries. See colored illustration, Plate IV, opposite.

Chocolate Cream Custard

1 cup sugar
4 eggs
3 cups scalded milk
½ teaspoon vanilla
2 ounces Lowney's Premium Chocolate
½ teaspoon salt

Melt sugar in clean omelet pan; when golden brown, add to scalded milk; when dissolved pour on to eggs, which have been slightly beaten, add salt, vanilla, and chocolate which has been melted over hot water.

Strain into individual molds. Set in a pan of hot water and bake in a moderate oven until firm. Chill; unmold, and serve with Chocolate Sauce or Caramel Sauce.

Cocoa Cream

2 cups light cream
2 tablespoons granulated gelatine
¼ cup cold water
2 egg yolks
2 egg whites
½ cup sugar
½ cup cocoa
¼ inch stick cinnamon
1 teaspoon vanilla
1 cup heavy cream
¼ teaspoon salt

Mix cocoa, sugar, yolks of eggs; add light cream and cinnamon, and cook in double boiler until mixture begins to thicken. Add to gelatine which has been soaked in cold water, and stir until dissolved.

Add salt, vanilla, and whites of eggs beaten until stiff; when well blended, add heavy cream beaten until thick with Dover egg beater. Mold, chill; and serve with cream.

Cocoa Almond Cream

Use receipt for Cocoa Cream and add one cup blanched, chopped, and browned almonds just before molding.

Cocoa Tutti-frutti Cream

Use receipt for Cocoa Cream. Add one half cup macaroons which have been dried in the oven and pounded, and one cup candied cherries cut in small pieces; or one half dozen marshmallows and one half dozen raisins, and one tablespoon each of citron and candied cherries, chopped fine, may be added just before molding.

Chestnuts with Chocolate Cream

1 cup mashed chestnuts
4 tablespoons powdered sugar
⅛ teaspoon salt
4 tablespoons cream
3 tablespoons sherry wine
1 cup heavy cream
3 tablespoons powdered sugar
1 teaspoon vanilla or
2 tablespoons maraschino
4 tablespoons Lowney's Premium Chocolate, melted

Chestnut Mixture

Boil one quart French chestnuts; remove shells, press through potato ricer; add sugar, salt, cream and flavoring. Fill individual molds with this mixture. Chill. Remove from molds and serve around the Chocolate Cream Mixture.

Chocolate Cream Mixture

Beat the one cup heavy cream in above receipt; add powdered sugar, chocolate and flavoring. Arrange in the shape of a pyramid; garnish with candied cherries and angelica, cut in small pieces.

Cocoanut Molds with Chocolate Sauce

2 cups milk
3 tablespoons cornstarch mixed with
3 tablespoons cold milk
¼ cup powdered sugar
⅛ teaspoon salt
½ cup shredded cocoanut
3 egg whites

Mix cornstarch with three tablespoons cold milk; add salt, sugar and two cups milk. Cook in double boiler twenty minutes, stirring constantly. Add cocoanut and cut and fold in the whites of eggs, beaten until stiff. Turn into molds, chill, and serve with Chocolate Sauce.

Chocolate Sauce

1 cup milk
2 egg yolks
¼ cup sugar
⅛ teaspoon salt
1 teaspoon butter
2 ounces Lowney's Premium Chocolate or
¼ cup Lowney's Cocoa

Cook all ingredients in double boiler, stirring constantly until the spoon is coated. Serve hot or cold.

Chocolate Raspberry Meringue

3 egg whites
1 cup powdered sugar
4 tablespoons raspberry jam
2 squares Lowney's Premium Chocolate, melted
1 tablespoon lemon juice

Beat the whites of eggs until stiff, using fork or flat beater; add remaining ingredients very slowly, and beat constantly.

Serve with beaten cream, flavored with wine or vanilla. The above mixture may be taken up in spoonfuls and poached in hot water, or may be used for éclairs, cream puffs, or cream pie, or served plain in frappé glasses.

Chocolate Junket

1 ounce Lowney's Premium Chocolate
3 tablespoons boiling water
1 junket tablet
1 quart milk
1 tablespoon wine or brandy
¼ cup powdered sugar

Melt chocolate; add boiling water. Crush junket tablet; dissolve in one tablespoon cold water. Scald milk; add sugar, flavoring; when cool, add dissolved junket tablet and melted chocolate; pour into serving cups; let stand in warm place until of consistency of jelly, then chill. Serve with sugar and cream.

Cocoa Froth

1½ tablespoons granulated gelatine
¼ cup cold water
¾ cup boiling water
¼ cup Lowney's Cocoa
1 cup sugar
grated rind and juice of 1 lemon
4 egg whites
⅛ teaspoon salt

Soak gelatine in cold water; add boiling water. Mix cocoa, sugar, lemon juice and rind; add gelatine mixture; strain into a cold bowl. When mixture thickens, beat until frothy; add well-beaten whites, and beat until mixture will stand alone. Drop spoonfuls on serving dish and garnish with Vanilla Custard.

Soft Custard

2 cups milk
4 egg yolks
⅓ cup sugar
¼ teaspoon salt
½ teaspoon vanilla

Scald the milk in double boiler. Mix eggs, sugar and salt; add scalded milk to them; return to double boiler, and cook until mixture thickens and is of a smooth and creamy consistency.

Strain into a cold dish and flavor when cold. Should the custard begin to curdle, set immediately into a dish of cold water and beat briskly with a wire whisk or egg beater.

Soft custard may be made with whole eggs, but it is not so velvety.

Arrowroot Custard

2 cups milk
2 tablespoons arrowroot
½ teaspoon vanilla
2 egg yolks
¼ teaspoon salt
¼ cup sugar

Scald milk; mix arrowroot and sugar; add to scalded milk, and cook ten minutes. Beat egg yolks slightly; add salt; pour milk mixture on to eggs; return to double boiler; stir constantly until thickened.

Cool, flavor, and serve in custard cups.

Banana Custard

Arrange slices of bananas in bottom of serving dish, sprinkle with lemon juice, and cover with Soft Custard.

Fruit Custard

Prepare the same as Banana Custard, using one fruit or a combination of fruits.

Strawberry Custard

Use receipt for Soft Custard. When cold, add one cup of crushed and sweetened strawberries. Serve ice-cold and garnish with Strawberry Meringue.

Coffee Custard

Use rule for Soft Custard, adding one fourth cup ground coffee to milk before scalding.

Soft Caramel Custard

Use receipt for Soft Custard, adding one half cup caramelized sugar to milk before scalding.

Baked Vanilla Custard

3 cups milk
5 eggs
⅓ cup sugar
¼ teaspoon salt
½ teaspoon vanilla

Scald milk and add to eggs, sugar and salt, mixed together. Strain, add vanilla, and bake in one large buttered mold, or small ones, set in a pan of hot water, in a slow oven. Should the water boil during baking, the custard will be of a porous consistency. To test the custard thrust a silver knife through the center. When it comes out clean the custard is done.

Baked Sherry Custard

Use rule for Baked Vanilla Custard, flavoring with one tablespoon sherry wine.

All other flavored custards may be made the same way, by substituting special flavorings.

Baked Caramel Custard No. 1

1 cup sugar
4 egg yolks
2 cups milk
1 teaspoon vanilla
¼ cup sugar
¼ teaspoon salt

Caramelize the one cup of sugar. When a delicate brown color, pour into a well-buttered charlotte russe mold or into individual cups; set away to cool.

Scald milk; mix eggs, one fourth cup of sugar, and salt,

add milk ; strain into mold on to cold caramel; add seasoning and bake the same as Baked Vanilla Custard. Unmold and serve with Caramel Sauce.

Baked Caramel Custard No. 2

3 cups milk
$\frac{3}{4}$ cup sugar
$\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla
4 eggs

Scald milk; caramelize sugar and add to scalded milk. Beat eggs slightly, add salt, milk mixture and flavoring. Strain into buttered dish and bake like Baked Vanilla Custard. Unmold and serve with Caramel Sauce.

This rule may be made with three eggs, but will be less rich and will break when unmolded.

Floating Island

Follow rule for Soft Custard; flavor with lemon juice, and garnish with a meringue made of the whites of four eggs, four tablespoons powdered sugar, and one teaspoon vanilla, beaten until stiff.

The meringue may be first poached in water in spoonfuls, then dropped on top of custard; or may be placed there without being poached, and teaspoons of Currant Jelly placed on top of each island.

Strawberry Floating Island

Make the same as Floating Island and add to the meringue the sweetened juice of two cups of strawberries.

Irish Moss Blanc Mange

4 cups milk
2 tablespoons sugar
$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup Irish moss
1 teaspoon vanilla

Soak the moss; tie in cheese cloth, and cook in milk in double boiler thirty minutes without stirring. Remove

moss without pressing bag; add other ingredients, strain into wet molds, chill, and serve.

Chocolate Irish Moss Blanc Mange

See Chocolate Blanc Mange No. 2.

Coffee Irish Moss Blanc Mange

Use receipt for Irish Moss Blanc Mange, and flavor with two teaspoons coffee extract.

Cornstarch Pudding No. 1

2 cups milk
4 tablespoons cornstarch
3 tablespoons sugar
3 egg whites
½ teaspoon vanilla

Mix cornstarch and sugar; scald milk, add to cornstarch, stir constantly until it thickens; cook one half hour, stirring occasionally. Add the beaten egg whites, beat well, flavor, and mold. Chill and serve.

Cornstarch Pudding No. 2

Follow receipt for Cornstarch Pudding No. 1, substituting three egg yolks for three egg whites.

Fruit Cornstarch Pudding

Add one cup of any kind of cooked fruit to Cornstarch Pudding No. 1 just before molding.

Cocoanut Cornstarch Mold

Add one cup of shredded cocoanut to Cornstarch Pudding No. 1, and serve with Custard Sauce.

Pineapple Cornstarch Mold

Add one can pineapple to Cornstarch Pudding No. 1, and serve with Custard Sauce.

Tapioca Cream

3 tablespoons pearl tapioca
2 cups milk
2 egg yolks
½ cup sugar
¼ teaspoon salt
2 egg whites
½ teaspoon vanilla

Soak the tapioca in milk one hour, cook in double boiler one half hour. Mix egg yolks, salt and sugar; add tapioca mixture, and cook until mixture thickens. Cool slightly, add stiffly beaten whites. Cool, flavor, and serve.

Tapioca Pudding

Cover one cup pearl tapioca with boiling water. Cook in boiling water until transparent. Add three tablespoons sugar, the juice and grated rind of one lemon. Serve cold with sugar and cream.

Apple Tapioca No. 1

½ cup pearl tapioca
4 cups boiling water
½ teaspoon salt
8 apples
½ cup sugar
grated rind and juice of one lemon

Cook the tapioca in boiling water until transparent; add one half teaspoon salt and lemon rind.

Core and pare apples, arrange in baking dish, fill cavities with sugar and lemon juice, cover with tapioca, and bake until apples are tender, adding one teaspoon butter before taking from oven.

Apple Tapioca No. 2

Use rule for Apple Tapioca No. 1, arranging tapioca and apples cut in slices, in layers.

Apple Sago

Use rule for Apple Tapioca No. 1, substituting one half cup sago for tapioca.

Danish Pudding

½ cup tapioca
3 cups boiling water
½ teaspoon salt
1 tablespoon lemon juice
½ cup sugar
1 tumbler Currant Jelly

Soak tapioca in water several hours, and cook in same water until transparent. Add remaining ingredients. Mold, chill, and serve.

Sponge Cocoanut Pudding

Season Soft Custard with two tablespoons wine. Arrange in layers one dozen macaroons, one dozen lady fingers and one dozen cocoanut cakes.

Cover with Soft Custard and sprinkle with grated cocoanut.

Apple Meringue

8 apples
3 egg yolks
¼ cup sugar
½ teaspoon salt
2 cups milk
1 teaspoon vanilla

Core apples and bake until tender. Make a custard of the remaining ingredients; pour over baked apples. Cover with meringue made of the whites of the eggs and three tablespoons powdered sugar.

Chestnut Cream

2 cups shelled chestnuts
grated rind and juice of one lemon
Soft Custard
½ cup cream

Boil chestnuts; press through strainer; add lemon juice, rind and custard. Turn into frappé glasses; cover with whipped cream sweetened and flavored.

Lemon Jelly No. 1

2 tablespoons granulated gelatine
½ cup cold water
2½ cups boiling water
1 cup sugar
½ cup lemon juice

Soak gelatine in cold water, add boiling water; when dissolved, add sugar and lemon juice. Mold and chill.

Lemon Jelly No. 2

2 tablespoons granulated gelatine
½ cup cold water
2 cups boiling water
1 cup sugar
1 cup lemon juice
grated rind of one half lemon

Soak the gelatine in cold water; add boiling water and lemon rind; let it stand ten minutes. Strain; add sugar and lemon juice. Mold in shallow dish. When hard, cut in squares and serve with boiled custard.

Grape Fruit Jelly

2 tablespoons granulated gelatine
½ cup cold water
2 cups boiling water
2 tablespoons lemon juice
1 cup grape fruit juice
1¼ cups sugar

Soak gelatine in cold water; add boiling water, fruit juice, sugar, and strain. Mold, chill, and serve.

Orange Jelly

Make the same as Grape Fruit Jelly, substituting orange for grape fruit juice.

Macedoine of Oranges

Use rule for Orange Jelly. Cover the bottom of a charlotte russe mold with jelly. Chill, decorate with sections of oranges, add another layer of jelly, decorate the sides as well as bottom, and so continue until dish is filled.

Wine Jelly

2 tablespoons gelatine
½ cup cold water
1 cup boiling water
½ cup lemon juice
½ cup orange juice
1 cup sugar
1 cup wine (cooking Madeira or Sherry)

Prepare as for Lemon Jelly. Chill and serve.

Sauterne Jelly

2 tablespoons gelatine
½ cup cold water
1 cup boiling water
½ cup lemon juice
1½ cups sauterne
1½ cups sugar
green coloring

Soak gelatine in cold water, add a small amount of coloring to boiling water, pour on to soaked gelatine, add sugar and fruit juice. Strain, if the liquid is satisfactory color; if not deep enough, add more coloring matter before straining. Mold, chill, and serve.

Russian Jelly

2 tablespoons gelatine
½ cup cold water
1 cup sugar
1 tablespoon wine
2 cups boiling water
½ cup orange juice
½ cup grape juice
3 egg whites

Soak gelatine in cold water. Boil sugar and boiling water ten minutes. Add soaked gelatine and fruit juice. Strain, add egg whites, and beat with Dover egg beater until cold. Serve with beaten cream, sweetened and flavored.

Orange Trifle

2 tablespoons gelatine
¼ cup cold water
½ cup boiling water
1¼ cups sugar
1¼ cups orange juice
¼ cup lemon juice
grated rind of one orange
whip from 2½ cups cream

Soak gelatine in cold water; dissolve in boiling water. Add sugar, fruit rind, and juice, and the whip from cream. Decorate a melon mold with sections of oranges. Pour in trifle mixture. Chill, cool, remove from mold, garnish with orange jelly and beaten and sweetened cream.

Peach Gâteau

Scoop out center of a round sponge cake; fill with fresh peaches, sweetened and cut in pieces. Cover with beaten

and sweetened cream, put on with a pastry bag and tube. Garnish with small pieces of peaches.

Syllabub

2 cups cream
2 tablespoons lemon juice
1 cup sugar
1 cup sherry
⅛ teaspoon cinnamon
grated rind of one lemon

Whip cream; mix other ingredients, add whip, and serve in frappé glasses. Garnish with small bits of red cherries.

Strawberry Syllabub

2 cups cream
1½ cups strawberry juice
1 cup sugar
¼ cup lemon juice
whites of two eggs

Mix sugar and fruit juice. Add beaten whites and cream. Continue beating until stiff. Arrange sliced strawberries in the bottom of frappé glasses, add cream mixture, and garnish with slices of strawberries on top.

Prune Jelly

1 cup prunes
½ box gelatine
¼ cup cold water
2 tablespoons lemon juice
2 tablespoons sherry
2 cups boiling water
1 cup sugar
½ cup walnuts

Cook prunes and remove stones. Soak gelatine in cold water. Add boiling water. Strain; add lemon juice, sherry and sugar. Pour into a mold. When mixture begins to harden, add prunes cut in pieces and walnuts broken in pieces. Stir occasionally to keep fruit from settling. Mold, chill, and serve with Soft Custard.

Fruit Jelly Macedoine

Use Wine, Orange, or Lemon Jelly. Pour jelly in mold to depth of one half inch. Decorate bottom of mold with a slice of banana, and radiating from it halves of

blanched almonds. Cover with jelly, and arrange in alternating layers, English walnuts, candied fruits, figs and jelly. Chill; serve and garnish with whipped cream.

Bavarian Cream

2 tablespoons granulated gelatine
⅓ cup cold water
¼ cup hot cream
2 cups cream
½ cup sugar
1 teaspoon vanilla

Soak the gelatine in cold water; dissolve in hot cream; add sugar. When the mixture begins to thicken add the whip from one pint of cream. Cut and fold in this cream; do not stir. When nearly stiff enough to drop, mold.

Coffee Bavarian Cream

Use rule for Bavarian Cream, substituting one fourth cup strong boiling coffee for one fourth cup cream.

Strawberry Bavarian Cream

2 tablespoons granulated gelatine
½ cup cold water
½ cup boiling water
1 pint fresh strawberry juice
24 whole strawberries
whip from one pint of cream
½ cup sugar

Soak gelatine in cold water, dissolve in boiling water. Add fruit juice and sugar; stir until mixture begins to thicken. Cut and fold in the whip from the cream.

Line a mold with halves of strawberries; pour in cream mixture. Chill; garnish with beaten cream and strawberries, and serve.

Raspberry Bavarian

Prepare the same as Strawberry Bavarian, adding two tablespoons lemon juice, and substituting raspberry juice for strawberry juice.

Pineapple Bavarian

Prepare the same as Strawberry Bavarian, and substitute one can grated pineapple for strawberry juice.

Peach or Apricot Bavarian

Use rule for Strawberry Bavarian, using one pint crushed peaches or apricots for strawberry juice, and garnish with halves of peaches or apricots.

Chocolate Bavarian

For Chocolate Bavarian see special receipts for Lowney's Chocolate, p. 205.

Banana Bavarian

2 tablespoons granulated gelatine
¼ cup cold water
½ cup boiling water
4 bananas
2 tablespoons orange juice
½ cup sugar
whip from two cups cream

Mash the bananas. Soak gelatine in cold water; dissolve in boiling water; add sugar, banana pulp and orange juice. When mixture begins to thicken, cut and fold in the whip from the cream. Mold, chill, and garnish with beaten cream, bananas and cherries.

Ginger Bavarian

Use rule for Banana Bavarian, substituting one cup preserved ginger, and adding one quarter cup sherry wine.

Italian Cream

2 cups milk
3 egg yolks
¼ cup sugar
2 tablespoons granulated gelatine
few grains salt
¼ cup cold water
3 egg whites

Soak gelatine in cold water; scald milk; mix yolks and sugar, add milk and salt; cook until mixture begins to thicken; add soaked gelatine, chill, and as mixture thickens add the beaten whites of eggs. Mold, chill, and serve. Any flavorings used for Bavarians may be used for Italian Creams.

Almond Italian Cream

To Italian Cream add one cup almonds which have been blanched, chopped, and browned and two tablespoons lemon juice.

Caramel Italian Cream

To Italian Cream add one cup caramelized sugar to custard before adding gelatine.

Maple Italian Cream

Add one cup maple sugar to hot custard in Italian Cream before adding gelatine.

Bavarian Macedoine

Line a mold with Strawberry Bavarian, one inch thick, set another mold on top of this Bavarian and pour in Strawberry Bavarian to the top of the mold. Chill. When hardened, remove second mold and fill with alternate layers beaten cream, chopped nuts and chopped fruit.

Ribbon Bavarian

Use rule for Plain Bavarian, and divide into three parts before adding the cream.

Into one third stir one quarter cup strawberry juice and color pink; into another third add two tablespoons chopped almonds and color green; flavor the other third with vanilla.

Add one third of the whipped cream to each of these thirds and arrange in layers in charlotte russe molds. Chill and garnish with beaten cream, strawberries and nuts.

One must work quickly to keep the gelatine mixture from hardening. Should it harden before it can be used, set the dish containing the gelatine mixture into a pan of hot water and stir until liquefied.

Rice Bavarian

3 cups milk
½ cup rice
¼ teaspoon salt
½ cup sugar
1 tablespoon gelatine
¼ cup cold water
3 tablespoons sherry wine
1 cup cream
¼ cup boiling water

Cook rice in milk in double boiler until rice is tender, and milk is absorbed. Add sugar, salt, and gelatine which has been soaked in cold water and dissolved in hot water. Add flavoring, cool slightly, and add whipped cream. Mold, chill, and garnish with Wine or Orange Jelly cut in cubes.

Diplomatic Pudding

Line a mold with Lemon Jelly to the depth of one inch. Place a smaller mold on top of jelly and surround smaller mold with Lemon Jelly. When jelly is hard, remove, mold and fill with any flavored Bavarian Cream.

Banana Cantaloupe

2 tablespoons granulated gelatine
¼ cup cold water
3 egg whites
¼ cup lemon juice
1 cup scalded cream
1 cup sugar
6 bananas
whip from 2 cups cream
lady fingers

Soak gelatine in cold water; dissolve in hot cream. Add sugar, whites of eggs beaten until stiff, mashed bananas and lemon juice. Chill; as it begins to thicken, fold in the whipped cream. Line a melon mold with lady fingers, add cream mixture, chill, and serve. Garnish with cream beaten and flavored, cherries and angelica.

Date Whip

1 cup stoned and chopped dates
½ cup boiling water
1 tablespoon lemon juice
3 egg whites
⅓ cup sugar
½ teaspoon salt

Cook dates in boiling water until tender; press through a sieve. Beat whites until stiff; add sugar, lemon juice and salt. Carefully fold in the date pulp, pile lightly on a buttered baking dish, and bake thirty minutes in a moderate oven. Serve with Soft Custard or with whipped cream.

Prune Soufflé

Substitute two cups prunes, for dates, in Date Whip, and follow rule for Date Whip.

Strawberry Whip

2 cups strawberries
1 cup powdered sugar
2 egg whites
¼ teaspoon salt
1 tablespoon lemon juice

Crush the berries; add sugar and lemon juice. Beat eggs until stiff, and continue beating while adding strawberry mixture. Serve with Soft Custard or beaten cream.

Vanilla Charlotte Russe No. 1

2 cups cream
⅔ cup powdered sugar
3 egg whites
1 teaspoon vanilla

Beat cream until stiff; add sugar, flavoring, and egg whites, beaten until stiff. Line a mold with slices of sponge cake or lady fingers; fill with mixture. Chill and serve.

Caramel Charlotte Russe

Use rule for Vanilla Charlotte Russe No. 1, substituting one cup caramelized sugar for the powdered sugar.

French Charlotte Russe

Add to Vanilla Charlotte Russe No. 1 one dozen marshmallows finely chopped, one dozen almonds blanched and chopped, six walnuts chopped, two tablespoons candied cherries finely chopped, and one tablespoon brandy.

Strawberry Charlotte Russe

Crush two cups strawberries, add one cup sugar, and add to Vanilla Charlotte Russe No. 1.

Apple Rice

8 apples
½ glass Crab Apple Jelly
½ cup seeded raisins
2 tablespoons butter
1 cup hot cooked rice
2 cups milk
3 egg yolks
1 tablespoon lemon juice

Pare and core the apples. Arrange in baking dish, fill apples with jelly, and surround with rice, mixed with hot milk, egg yolks, butter, raisins and flavoring. Cook in oven until apples are tender. Remove from oven and cover with a meringue. Serve hot or cold.

Imperial Chocolate Pudding

4 tablespoons cornstarch
2 cups milk
¼ cup sugar
¼ teaspoon salt
2 squares Lowney's Premium Chocolate
2 tablespoons hot water
whites of 2 eggs
¼ teaspoon vanilla

Mix cornstarch, sugar, salt and milk; melt chocolate; add water, cornstarch mixture, and cook in double boiler thirty minutes; cool; add well-beaten egg whites, flavoring, and mold. Chill and serve with sugar and cream.

Junket

1 quart milk
1 junket tablet
¼ cup sugar
2 tablespoons wine, or
1 teaspoon vanilla
⅛ teaspoon salt

Dissolve junket tablet in cold water. Heat the milk until lukewarm; add junket tablet, sugar and flavoring; fill frappé glasses, let stand in warm room until set; then chill and serve.

Roman Pudding

1 tablespoon gelatine
1 tablespoon cold water
¼ cup boiling water
¼ cup powdered sugar
3 cups cream
¼ cup Madeira wine
¼ teaspoon salt
1 can preserved figs
1 cup beaten cream

Soak gelatine in cold water; dissolve in boiling water; add wine and sugar. Stir until mixture thickens. Carefully fold in the whip from cream. Mold, chill, and serve with figs and beaten cream.

Snow Pudding

2 tablespoons granulated gelatine
2 tablespoons cold water
½ cup boiling water
1 cup sugar
¼ cup lemon juice
3 egg whites

Soak the gelatine in cold water; dissolve in boiling water; add sugar and lemon juice. Stir till mixture thickens, then add the beaten whites of eggs and continue beating until stiff enough to drop. Mold, chill, and serve with Custard Sauce.

Compote of Figs

1 pound pulled figs
2 cups water
¼ cup sugar
4 tablespoons lemon juice
1 cup cream
¼ cup powdered sugar

Soak figs in water, then press into shape. Mix sugar and water, boil until sirupy, add lemon juice. Arrange figs on serving dish; cover with sirup; garnish with sweetened cream, beaten until stiff, pressed through pastry bag and tube.

Pineapple Pudding

pulp from one pineapple
1 cup sugar
4 eggs
½ teaspoon salt

Mix sugar, eggs and pineapple; bake in slow oven until set. Unmold, garnish with beaten cream, the leaves of the pineapple and cherries.

HOT DESSERTS

Duchess Pudding

1 cup scalded milk
¾ cup soft bread crumbs
½ cup grated cocoanut
2 egg yolks
½ cup cocoa
½ cup sugar
1 teaspoon lemon juice
2 egg whites
¼ teaspoon salt

Soak bread in scalded milk until soft. Add cocoanut, sugar, cocoa, lemon juice and salt; beat well; add yolks of eggs slightly beaten, and cut and fold in the well-beaten whites. Turn into well-buttered pudding dish and bake in a moderate oven 30 minutes. Serve hot or cold.

Quince Pudding

6 quinces
1 cup sugar
¼ cup lemon juice
5 egg yolks
1 cup cream
3 egg whites

Wash quinces, cut in quarters, remove seeds and chop; add lemon juice. Beat yolks of eggs; add sugar and cream; when blended, add beaten whites and quince mixture. Pour into buttered pudding dish and bake until firm. Serve hot or cold.

Peach Pudding

1 cup flour
2 cups fine bread crumbs
½ cup chopped nuts
3 eggs
2 tablespoons lemon juice
1 cup sugar
2 cups peaches
¼ teaspoon salt

Mix all ingredients, beat well, pour into buttered dish, and steam two hours. Serve with cream.

Baked Chocolate Soufflé

2 tablespoons butter
2 tablespoons flour
¾ cup milk
½ cup sugar
¼ teaspoon salt
2 tablespoons hot water
3 squares Lowney's Premium Chocolate
yolks of 3 eggs
whites of 3 eggs
1 teaspoon vanilla

Melt butter; add flour; when smooth, add milk; cook five minutes; add sugar and salt. Melt chocolate; add hot water and flour mixture; cook five minutes; cool; add yolks of eggs beaten well; cut and fold in the well-beaten whites. Flavor; bake in a buttered baking dish in a moderate oven twenty to thirty minutes. Serve immediately with sugar and cream, or beaten cream, or butter and sugar sauce.

Chocolate Bread Pudding

- ¾ cup bread crumbs
- 2 cups scalded milk
- 3 squares Lowney's Premium Chocolate melted
- 2 eggs
- ¼ teaspoon salt
- ½ teaspoon vanilla
- ¼ cup cold milk
- ¾ cup sugar

Mix all ingredients in the order given. Pour into a buttered baking dish, set into a pan of hot water, and bake one hour in a moderate oven; stir twice during the baking to keep chocolate from rising to the top.

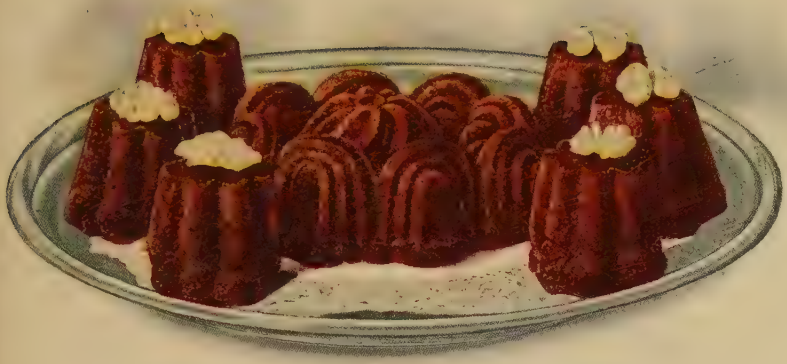
Chocolate Raisin Pudding

- 1½ cups fine cracker crumbs
- 2½ cups milk
- ⅓ cup molasses
- ¼ teaspoon salt
- 1 egg
- 1 cup seeded raisins
- ½ cup cocoa, or
- 2 squares Lowney's Premium Chocolate melted

Soak cracker crumbs in milk, add remaining ingredients, turn into a buttered pudding dish, and steam four hours. Serve either hot or cold with Cream Sauce.

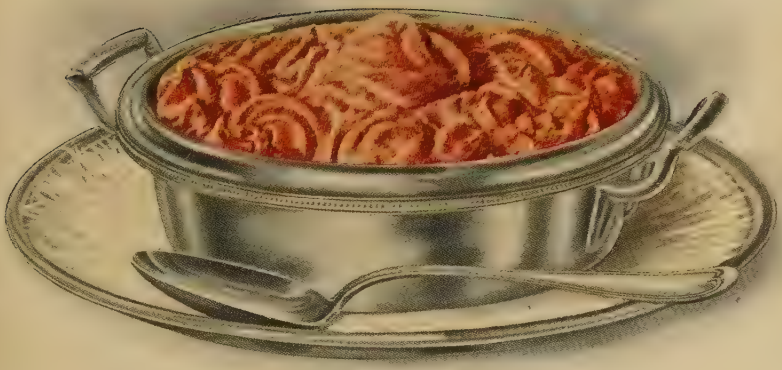
Chocolate Balls

- ⅓ cup butter
- 1 cup sugar
- ½ cup milk
- 2 squares Lowney's Premium Chocolate grated
- 2¼ cups flour
- 3 teaspoons baking powder
- 4 egg whites
- ¼ teaspoon salt



CHOCOLATE NUT PUDDING

Plate V. For Receipt see page 227

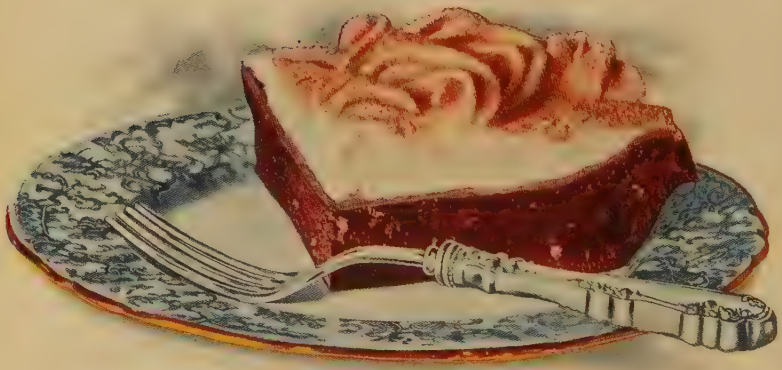


CHOCOLATE AND RICE PUDDING

Plate VI. For Receipt see page 227

COCOA FRUIT PUDDING

Plate VII. For Receipt see page 228



CHOCOLATE CREAM PIE

Plate VIII. For Receipt see page 252

Cream butter; add chocolate and sugar, flour in which baking powder and salt have been sifted, and milk; beat well, cut and fold in beaten whites of eggs. Pour into individual molds or popover cups and steam forty minutes. Serve with Chocolate Sauce.

Chocolate Nut Pudding

1 cup soft bread crumbs
2 cups scalded milk
1 cup chopped nuts
½ teaspoon salt
2 egg yolks
¾ cup sugar
juice and grated rind of 1 lemon
2 egg whites beaten until stiff
2 squares Lowney's Premium Chocolate melted

Mix first seven ingredients; when well blended, cut and fold in the whites of eggs; pour into individual molds, and bake twenty to thirty minutes. Serve hot with Cream or Fruit Sauce. See colored illustration, Plate V, opposite p. 226.

Chocolate and Rice Pudding

4 tablespoons rice
2 cups milk
1 teaspoon salt
2 tablespoons butter
1 teaspoon vanilla
½ cup beaten cream
½ cup sugar
¼ cup Lowney's Always Ready Chocolate Powder, or
2 squares Lowney's Premium Chocolate
¾ cup seeded raisins
2 egg whites

Soak rice in milk one half hour; add salt and cook in double boiler until rice is tender. Mix butter, sugar, chocolate, raisins and vanilla; add cooked rice, cream and beaten whites. Fill buttered baking dish, cover with a meringue, brown in a moderate oven, and serve either hot or cold.

Milk may be substituted for the beaten cream if a less rich pudding is desired. See colored illustration, Plate VI, opposite p. 226.

Cocoa Fruit Pudding

½ cup Lowney's Cocoa
⅔ cup beef suet
1 cup figs finely chopped
2¼ cups soft bread crumbs
1 cup brown sugar
2 eggs
⅓ cup milk
½ teaspoon salt

Chop suet, figs and bread crumbs in meat chopper. Add remaining ingredients, and steam three hours. Serve with Hot Chocolate Sauce, or cream sweetened and flavored. See colored illustration, Plate VII, opposite p. 227.

Steamed Chocolate Nut Pudding

2 tablespoons sugar
½ cup flour
4 tablespoons Lowney's Premium Chocolate grated
½ cup milk
5 egg yolks
½ cup sugar
1 cup finely chopped nuts
5 egg whites
1 tablespoon butter
¼ teaspoon salt

Mix first five ingredients and boil two minutes. Beat yolks of eggs until lemon-colored and thick ; add sugar, beat five minutes ; add nuts, then add to chocolate mixture. When well blended, cut and fold in the whites of eggs beaten until stiff. Pour into buttered mold and steam one and one half hours. Remove from mold and serve with Hard Sauce.

Steamed Chocolate Pudding

2 tablespoons butter
¼ cup flour
¼ cup Lowney's Always Ready Chocolate Powder
¼ teaspoon salt
½ cup milk
5 egg yolks
¾ cup sugar
½ cup finely chopped almonds
5 egg whites

Melt butter ; add flour, chocolate, salt and milk ; cook five minutes. Beat egg yolks until lemon-colored and thick ; add sugar and almonds ; when well blended, add chocolate mixture, and cut and fold in the beaten whites.

Pour into a buttered mold, and steam one hour. Serve immediately with sugar and cream.

Baked Apple Dumpling

2 cups flour
2 tablespoons lard
2 tablespoons butter
½ teaspoon baking powder
1 teaspoon salt
¼ cup sugar
¼ cup water
8 apples cored
cinnamon and nutmeg

Sift flour, baking powder and salt; work in lard and butter; when well mixed, add water. Cut paste in eight rounds, place apple in center of round, fill cavity with sugar and flavoring. Draw paste around apple; place in baking pan rough side down. Bake forty-five minutes. Serve with Lemon or Molasses Sauce.

Apple Sponge

¼ cup sugar
¼ cup milk
2 eggs
1 cup flour
2 teaspoons baking powder
5 sliced apples
½ teaspoon salt

Beat eggs; add sugar, flour in which baking powder has been sifted, and milk. Beat well; add apples; pour into buttered baking dish and bake in a moderate oven one hour. Serve with Italian Sauce.

Baked Apples No. 1.

Remove the core from eight apples of uniform size. Place in baking dish, add one fourth cup water, and baste frequently, during baking, with sugar and water.

Baked Apples No. 2

Core eight apples, arrange in baking dish, fill cavities with butter and sugar, bake until tender, basting with sugar and water. When done, arrange in serving dish; sprinkle with granulated sugar.

Apple Flame

8 apples
2 cups sugar
1 cup water
raspberry jam
rum or brandy
1 cup beaten cream

Pare and core the apples ; boil sugar and water together ten minutes ; arrange apples in buttered baking dish two inches apart ; add sirup ; cover and bake until apples are tender. Be careful to preserve shape of apples.

Remove from dish ; boil sirup until thick ; fill cavities with jam, pour sirup around them, and just before sending to table pour over them brandy or rum. Light and serve.

Apple Flamingo

8 apples (red)
2 cups sugar
1 cup water
1 cup cream
2 tablespoons lemon juice
2 tablespoons orange juice
grated rind one half lemon
grated rind one half orange

Wipe apples ; arrange in baking dish ; add sugar and water, and cook until tender, turning so that all sides may be evenly cooked. Be sure and preserve the shape.

Remove skin in a way to leave bright coloring on the apple.

Boil sirup until thick, add fruit juice and rind, pour around apples, and garnish with beaten cream.

Apple Soufflé

3 cups quartered apples
2 tablespoons butter
¾ cup sugar
3 egg yolks
6 egg whites
nutmeg and lemon juice

Steam apples; add butter, sugar, yolks of eggs and flavoring. Cool, cut and fold in beaten whites, turn into buttered pudding dish, and bake forty-five minutes in a moderate oven. Serve with sugar and cream.

Scalloped Apple

½ cup sugar
½ teaspoon cinnamon
2 tablespoons lemon juice
grated rind of one lemon
½ cup butter
1½ cup bread crumbs from center of loaf
4 cups sliced apples
¼ teaspoon salt
½ cup water

Arrange crumbs and apples in layers, in a buttered pudding dish, having crumbs on the top layer. Sprinkle each layer with sugar and cinnamon and dot with butter; add lemon juice, lemon rind and water, just before sprinkling on the last layer. Bake in slow oven one hour.

Apple Dumpling

4 cups sliced apples
½ cup water
2 cups flour
4 teaspoons baking powder
½ teaspoon salt
½ cup sugar
1 cup milk
few gratings lemon rind

Mix and sift dry ingredients except sugar. Add milk. Fill a buttered pudding dish with apples, add sugar, water, lemon rind, cover with flour mixture, and steam one and one half hours. Serve with Lemon Sauce.

Apple Nests

8 apples
2 tablespoons flour
1 teaspoon salt
2 cups milk
3 egg yolks
3 egg whites

Arrange cored and pared apples in a buttered baking dish. Mix sugar, flour, milk; add yolks of eggs; when well blended, the well-beaten whites. Pour this mixture over apples and bake in a moderate oven until apples are tender.

Brown Betty

Prepare the same as Scalloped Apple, adding one half teaspoon cloves, one half teaspoon allspice, one half cup molasses, and one cup raisins seeded and chopped. Bake in slow oven one hour.

Apple Charlotte

8 slices of bread
½ cup butter
6 apples
1 cup sugar
1 tablespoon lemon juice
¼ cup chopped almonds
1 tablespoon butter

Dip bread in melted butter; butter mold; cut bread into strips an inch wide and the height of the mold. Line bottom and sides of mold with bread. Pare and cut up apples; add sugar, water and lemon juice; cook until apples are soft. Add chopped almonds, one tablespoon butter; pour into lined mold, cover with slices of buttered bread, and bake thirty minutes. Serve with Lemon Sauce or Hard Sauce.

Apples on a Bed of Rice

1 cup cooked rice
8 apples
2 cups sugar
1 cup water
2 tablespoons lemon juice
strawberry jam

Press rice into charlotte russe mold; reheat in steamer. Pare and core apples; cook in sirup made of sugar and water until tender. Remove apples; boil sirup until thick; unmold rice; arrange apples around rice, fill cavities in apples with jam, and pour sauce around them.

Oranges on a Bed of Rice

Prepare in the same way as Apples on a Bed of Rice, except quarter oranges and omit jam.

Apple Batter Pudding

1 cup milk
1 cup flour
2 eggs
2 tablespoons butter
1 teaspoon salt
2 cups quartered apples
2 tablespoons lemon juice
¼ cup sugar

Mix sugar, salt, flour, eggs and milk. When smooth, add apples; pour into buttered baking dish, and bake

in a moderate oven one hour. Serve immediately with Wine Sauce.

Peach Batter Pudding

Follow the rule for making Apple Batter Pudding, substituting peaches for the apples.

College Pudding

½ cup butter
1½ cups sugar
4 eggs
½ cup strained Apple Sauce
¼ teaspoon salt
rind and juice of one lemon

Mix ingredients in order given. Line a pudding dish with Plain Paste, fill with apple mixture, and bake forty-five minutes in a moderate oven. Serve with butter and sugar.

Apple Indian

2 cups quartered apples
½ cup molasses
½ cup brown sugar
4 cups milk
¼ cup Indian meal
2 tablespoons butter
1 teaspoon salt
cinnamon and nutmeg

Scald milk; pour on to Indian meal; add remaining ingredients; pour into buttered baking dish, and cook in slow oven four hours, keeping dish covered until the last hour, stirring occasionally.

Stewed Apples

Pare and core eight apples. Arrange in baking dish; fill cavities with Apple Jelly and chopped raisins. Cook until tender, basting with hot water, sugar and lemon juice. Ten minutes before removing from oven, spear all over with slivers of blanched almonds.

Vanilla Soufflé

¼ cup butter
⅓ cup flour
1 cup milk
4 eggs
½ cup sugar
1 teaspoon vanilla
¼ teaspoon salt

Make a white sauce with flour, butter, salt and milk. Beat yolks of eggs; add sugar and white sauce. Cut and fold in the well-beaten whites. Bake in individual ramekin dishes in a moderate oven, twenty to thirty minutes. Serve immediately with Orange or Sherry Sauce.

Orange Soufflé

3 egg yolks
3 egg whites
3 tablespoons powdered sugar
rind of one half orange
1 tablespoon orange juice
½ tablespoon lemon juice
¼ teaspoon salt

Beat yolks until lemon-colored and thick. Add sugar, fruit juice and rind. Carefully fold in beaten whites. Pour into buttered dish, and bake fifteen to twenty minutes in moderate oven. Serve with Strawberry Sauce.

Bread Pudding

2 cups bread crumbs
4 cups milk
3 eggs
½ cup sugar
1 teaspoon salt
2 tablespoons butter
cinnamon and nutmeg

Soak bread in milk; add beaten eggs and remaining ingredients. Bake one hour. Serve with hard sauce.

Bread Queen

Use rule for Bread Pudding, using whites of four eggs for meringue, and the yolks in the pudding instead of the three eggs. Before spreading on meringue, cover pudding with a layer of jam. Brown meringue slightly in the oven, and serve pudding hot or cold with cream.

Cracker Queen

Substitute one and one half cups cracker crumbs for bread crumbs in Bread Pudding, and add one cup seeded raisins cut in small pieces. Bake the same as Bread Pudding.

Buttered Bread Pudding

Butter twelve slices of bread; arrange in baking dish. Cover with four cups milk, four slightly beaten eggs, three fourths cup sugar, one half teaspoon salt, and the grated rind and juice of one lemon. Bake one and one half hours in slow oven. Serve with Hard Sauce.

Cocoanut Pudding

Use rule for Buttered Bread Pudding, sprinkle each bread layer with shredded cocoanut and chopped and seeded raisins. Serve with hard sauce.

Steamed Blueberry Dumpling

4 cups blueberries	2 cups flour
2 cups sugar	4 teaspoons baking powder
1 teaspoon vinegar	1 teaspoon salt
1 tablespoon butter	¾ cup milk

Mix flour, baking powder and salt; add butter, mix until mealy; add milk. Put sugar, berries and vinegar in bottom of buttered baking dish. Cover with flour mixture and steam forty-five minutes. Serve in dish in which it is cooked.

Raspberry Dumpling

Prepare in the same way as Steamed Blueberry Dumpling, using four cups of raspberries instead of blueberries.

Blackberry Dumpling

Substitute blackberries for blueberries, and proceed as for Steamed Blueberry Dumpling.

Cherry Duff

Substitute two quarts cherries, in rule for making Blueberry Dumpling.

Peach Duff

Use rule for Blueberry Dumpling, substituting one quart peaches for blueberries.

Fruit Snowballs

Use receipt for making Snow Puffs. When done, sprinkle with powdered sugar and garnish with Cherry Sauce.

Steamed Rice Pudding

1 cup rice
1½ teaspoons salt
8 cups cold water

Cook in steamer until water is absorbed and each kernel is separated. The time depends upon the age of the rice.

Caramel Rice Pudding

1 cup rice
6 cups milk
1 teaspoon salt
2 eggs
1 cup sugar
grated rind of one half orange

Cook rice in milk, in double boiler, two hours ; then add salt, eggs slightly beaten, and orange rind. Caramelize the sugar. When a golden brown liquid, pour into a hot pudding mold, coating the whole inner surface. Add rice mixture, cover and cook in oven in a pan of water twenty minutes. Remove from oven, let stand five minutes, turn on serving dish, and serve with Soft Custard.

Snow Puffs

½ cup butter
1 cup sugar
½ cup milk
2½ cups flour
3 teaspoons baking powder
4 egg whites
½ teaspoon salt

Cream butter ; add sugar, flour, baking powder and salt alternately with milk. Beat well ; add the stiffly beaten whites ; steam forty-five minutes in buttered popover cups. Serve with Strawberry Sauce.

Blueberry Puffs

Use rule for Snow Puffs and serve surrounded by a sauce made by cooking two cups blueberries and one cup sugar together twenty minutes.

Cottage Pudding

1 cup sugar
¼ cup butter
2 eggs
1 cup milk
2 cups flour
3 teaspoons baking powder
¼ teaspoon salt

Cream butter and sugar together; add yolks of eggs beaten until thick, flour in which baking powder and salt have been sifted, alternately with milk; beat well and add the well-beaten whites. Pour into a well-buttered pudding dish. Bake forty-five minutes. Serve with Lemon, Vanilla, or Wine Sauce.

Steamed Cottage Pudding

Prepare the same as Cottage Pudding. Pour into buttered mold; steam one and one half hours. Serve with Lemon or Strawberry Sauce.

Indian Pudding, Steamed

1 cup corn meal
½ cup sour milk
½ cup molasses
½ cup chopped suet
1 teaspoon salt
1 teaspoon soda
few grains ginger

Mix soda with sour milk, add other ingredients, pour into buttered mold, and steam four hours. Serve with Molasses Sauce.

Baked Indian Pudding

6 cups milk
¼ cup corn meal
¼ cup molasses
1 tablespoon butter
½ teaspoon salt
few grains ginger

Scald one pint of milk with corn meal and cook twenty minutes; add remaining milk and rest of ingredients. Pour into deep earthen dish and bake, set in a pan of hot water, in a slow oven, four hours. The afternoon fire is the one best suited for cooking this pudding.

Indian Rice Pudding

4 cups milk
½ cup rice
½ cup molasses
2 tablespoons butter
½ teaspoon ginger
¼ teaspoon salt

Mix ingredients in the order given, pour into deep baking dish, set in a pan of hot water, and bake two hours. Stir once during cooking.

Indian Rice with Apples

To Indian Rice Pudding, add two cups pared and quartered apples.

Indian Tapioca Pudding

½ cup pearl tapioca
6 cups scalded milk
¼ cup Indian meal
1 cup molasses
¼ cup butter
2 teaspoons salt
2 cups cold milk

Soak tapioca in cold water over night. Cook Indian meal and scalded milk in double boiler twenty minutes; add tapioca, molasses, butter, salt. Pour into buttered baking dish; cook two hours in slow oven.

At the end of the first hour, add the cold milk. Serve hot with butter or cream.

Rice Pudding

½ cup rice
1 teaspoon salt
½ teaspoon nutmeg
4 tablespoons sugar
½ cup seeded raisins
4 cups hot milk
2 cups cold milk

Mix first six ingredients; pour into buttered pudding dish; cook in a slow oven two hours, stirring occasionally the first hour. At the end of two hours add the cold milk and cook half an hour longer.

Serve with sugar and cream.

Christmas Plum Pudding

2 cups soft bread crumbs
2 cups chopped suet
1 cup chopped raisins
1 cup chopped citron
1 cup cleaned currants
1 teaspoon salt
1 teaspoon nutmeg
6 eggs
½ cup brandy
½ tablespoon lemon rind

Mix ingredients; pour into buttered mold; cover and steam four hours; bake in oven one half hour. Serve with Wine Sauce.

Graham Plum Pudding

1½ cups graham flour
1 cup molasses
½ cup milk
1 cup seeded raisins
1 teaspoon cinnamon
½ teaspoon cloves
1 egg
½ teaspoon soda
2 tablespoons butter

Beat egg; add liquids, flour in which soda has been sifted, fruit, spices and melted butter. Pour into buttered baking powder tins and steam four hours. Serve with Brown Sugar Sauce.

Steamed Fig Pudding

1 cup chopped figs
½ cup chopped suet
3 eggs
2¼ cups soft bread crumbs
⅓ cup milk
1 cup brown sugar
1 teaspoon salt

Cover bread crumbs with milk. Chop figs and suet together, add other ingredients, pour in buttered melon mold and steam from three and one half to four hours. Serve with Stirling Sauce.

Date Pudding

Use rule for Fig Pudding, adding one cup each chopped dates and shredded almonds, and omit figs.

Roly Poly Pudding

Roll pastry or a baking-powder biscuit dough very thin, about one eighth of an inch in thickness, spread with jam,

blackberry, black currant, or raspberry. Roll like a jelly roll, press, and close the ends as tight as possible. Tie in a floured cloth, and cook in boiling water two hours, or steam in steamer one hour. Remove from cloth and serve on hot platter with Foamy Sauce.

Cream Croquettes

2 cups milk scalded
4 tablespoons cornstarch
¼ cup cold milk
¾ cup sugar
2 eggs
½ cup chopped almonds
1 teaspoon vanilla

Mix cornstarch and cold milk, add hot milk, and cook in double boiler until mixture thickens. Add eggs well beaten, sugar, almonds and vanilla. Cook two minutes. Pour into shallow pan; chill; cut into squares or rounds; dip in crumbs, egg and crumbs, fry in hot fat. Drain on brown paper, roll in powdered sugar, and serve. Serve with Lemon Sauce.

English Pudding

½ cup butter
1 cup seeded raisins
1 cup molasses
¾ cup milk
1 teaspoon salt
1 teaspoon soda
½ teaspoon cloves
½ teaspoon cinnamon
½ teaspoon mace
3¾ cups flour

Cream butter; add remaining ingredients; pour into buttered mold; steam four hours. Serve with Brandy Sauce or Foamy Sauce.

PUDDING SAUCES

Apricot Sauce

½ cup apricot jam, or
1 cup apricot juice
½ cup sugar
½ cup water
1 teaspoon cornstarch
1 tablespoon lemon juice
few grains salt

Boil all ingredients ten minutes.

Apple Sauce

1 cup chopped apple
1 tablespoon arrowroot
few grains salt
½ cup cold water
few grains cinnamon
1 tablespoon lemon juice
grated rind of ½ lemon

Cook all together ten minutes. Strain, add more lemon juice if needed.

Banana Sauce

1 cup water
⅓ cup sugar
3 banana pulps
3 tablespoons lemon juice
2 eggs
few grains salt

Boil sugar and water ten minutes. Mix remaining ingredients and pour hot sirup on to them. Beat well and serve hot.

Creamy Sauce

⅓ cup butter
⅓ cup powdered sugar
2 tablespoons cream
2 tablespoons wine

Mix butter and sugar until creamy, add wine and cream. Cook over hot water until liquefied.

Cream Sauce

1 cup powdered sugar
1 egg
2 cups cream
1 teaspoon vanilla

Mix egg yolk and sugar; add white of egg beaten until stiff, flavoring, and just before sending to the table the beaten cream. Serve cold.

Cream Brandy Sauce

1 cup water
1 cup sugar
⅓ cup cream
3 egg yolks
2 tablespoons brandy
few orange rind gratings
few grains salt

Cook sugar and water ten minutes; beat yolks; add cream, brandy, salt, orange rind gratings. Add sugar and water slowly and beat until mixture thickens.

Cream Sherry Sauce

3 tablespoons butter
⅓ cup sugar
2 egg yolks
⅔ cup cream
3 tablespoons sherry
few grains salt

Mix butter, sugar, yolks and cream; cook in double boiler until mixture thickens; add wine, and serve.

Caramel Sauce

1 cup sugar
1 cup boiling water

Caramelize sugar in clean saucepan. When a light brown color, add water, and simmer fifteen minutes.

Cherry Sauce

1½ cups cherries
1 cup claret
½ cup sugar
½ glass Currant Jelly
juice and rind of ½ lemon
1 inch stick cinnamon

Remove stones from cherries and cook all ingredients together until sirupy. Strain and serve.

Claret Sauce

1 cup sugar
1 cup water
1 cup claret

Boil sugar and water until sirupy, add claret, and serve hot or cold.

Coffee Sauce

½ cup sugar
2 eggs
¾ cup black coffee
½ cup cream
few grains salt

Mix eggs, sugar, salt, and coffee, and cook in double boiler until mixture thickens. Chill; add beaten cream and serve cold.

Currant Sauce

1 cup sugar
⅓ cup water
1 cup currant juice
2 tablespoons lemon juice

Boil sugar and water until sirupy; add currant juice and lemon juice. Serve hot or cold.

Currant Jelly Sauce

1 cup sugar
¼ cup water
1 inch piece stick cinnamon
½ cup currant jelly

Boil sugar, water and cinnamon until sirupy. Remove cinnamon; add jelly; when melted, strain and serve.

Custard Sauce

2 cups milk
3 egg yolks
1 teaspoon butter
⅓ cup sugar
2 egg whites
1 teaspoon vanilla
few grains salt

Make a custard of milk, egg yolks, sugar and salt; when thick, add butter, flavoring and beaten whites. Serve cold.

Foamy Sauce No. 1

1 cup sugar
3 egg whites
1 cup milk
rind and juice of 1 lemon

Heat the milk. Beat egg whites until stiff; add sugar, continue beating; add milk and flavoring, continue beating. Serve when foamy.

Foamy Sauce No. 2

½ cup butter
1 cup powdered sugar
1 egg yolk
2 tablespoons wine
2 egg whites

Cream butter; add sugar, yolk of egg and wine. Cook over hot water until hot. Remove from fire and add beaten whites of eggs.

Foamy Sauce No. 3

3 egg whites
½ cup powdered sugar
rind of ½ lemon
1 cup boiling water
1 teaspoon flavoring

Beat whites until stiff; add sugar and flavoring and continue beating, adding hot water very gradually. Serve hot or cold.

Fruit Sauce No. 1

1 cup sugar
1 cup water
½ cup fruit juice
2 tablespoons arrowroot

Mix arrowroot, sugar and water; boil ten minutes, stirring constantly. Add fruit juice and cook until sirupy, and serve hot.

Fruit Sauce No. 2

1 cup sugar
½ cup water
1 cup pulp and juice of fruit
1 tablespoon lemon juice

Boil sugar and water until sirupy. Add lemon and fruit juice and pulp. Serve hot without straining.

Grape Sauce

1 cup sugar
⅓ cup water
1 cup grape juice
1 tablespoon orange or lemon juice

Boil all together until sirupy. Serve hot or cold.

Hard Sauce No. 1

½ cup butter
1 cup powdered sugar
wine, brandy, or vanilla
1 teaspoon hot water

Cream butter; add sugar by the teaspoon, and beat until light and creamy. Flavor and serve.

Hard Sauce No. 2

½ cup butter
1 cup powdered sugar
1 teaspoon vanilla
1 tablespoon brandy
¼ cup beaten cream

Cream butter; add sugar and cream alternately, flavoring, and serve very cold.

Stirling Sauce

½ cup butter
1 cup powdered sugar
3 tablespoons milk
2 tablespoons wine

Mix sugar, wine and milk, and warm in double boiler or over hot water. Add to creamed butter slowly. Do not permit the sugar mixture to become hot, only warm.

Kirsch Sauce

Use rule for Stirling Sauce, substituting one fourth cup kirsch for wine.

Lemon Sauce

2 teaspoons arrowroot or cornstarch
2 cups water
1 cup sugar
grated rind and juice one lemon
1½ tablespoons butter

Mix arrowroot or cornstarch with sugar. Add boiling water and cook twenty minutes. Add flavoring and butter. Serve hot.

Maple Sauce

2 egg yolks
½ cup maple sirup
½ cup beaten cream
few grains salt

Beat yolks until thick; add maple sirup and cook until it thickens. Add beaten cream, salt. Chill and serve.

Maraschino Sauce

1 cup sugar
1 tablespoon arrowroot
2 cups boiling water
2 tablespoons maraschino

Mix sugar, arrowroot and boiling water; boil ten minutes. Add maraschino. Chill and serve.

Orange Sauce No. 1

grated rind, juice and pulp of 3 oranges
½ cup powdered sugar
3 egg whites
1 tablespoon lemon juice

Beat whites until stiff; add remaining ingredients. Serve cold.

Orange Sauce No. 2

Make the same as Lemon Sauce, substituting the juice and rind of two oranges for lemon.

Rum Sauce

½ cup powdered sugar
2 egg yolks
2 egg whites
3 tablespoons rum
½ cup beaten cream

Mix sugar, yolks of eggs and rum, then the stiffly beaten whites. Cook until thick; add the beaten cream. Chill and serve.

Sabayon Sauce No. 1

4 egg yolks
¼ cup wine
4 tablespoons powdered sugar
1 tablespoon lemon juice

Mix all ingredients and, just before serving, cook over hot water until it begins to thicken.

Sabayon Sauce No. 2

1 whole egg
2 egg yolks
½ cup sugar
½ cup sherry
1 tablespoon lemon juice

Mix all ingredients and cook over hot water, stirring constantly until mixture thickens.

Strawberry Sauce

½ cup butter
1 cup powdered sugar
1 cup strawberries
1 beaten egg white

Cream butter; add sugar, egg white; beat well; add strawberries crushed to a pulp. Serve.

Vanilla Sauce

½ cup butter
1 cup powdered sugar
1 cup cream
1 tablespoon vanilla

Cream butter; add sugar, beaten cream and flavoring. Heat over hot water until all is liquid. Serve hot.

Brown Sugar Sauce

⅓ cup butter
1 cup brown sugar
2 teaspoons vanilla
⅓ cup cream

Mix cream and brown sugar, and add to creamed butter very gradually. When of creamy consistency, add flavoring.

Italian Sauce

2 tablespoons butter
¾ cup powdered sugar
2 teaspoons cornstarch
½ cup candied cherries
3 egg yolks
juice and rind of 1 lemon
½ cup boiling water
½ cup angelica cut in pieces

Cream butter; add sugar and cornstarch, yolks of eggs well beaten, and boiling water; boil three minutes; add remaining ingredients and serve.

Chocolate Sauce

2 ounces Lowney's Premium Chocolate
1 cup sugar
½ cup water
2 tablespoons butter
¼ teaspoon salt
1 teaspoon vanilla

Cook all the ingredients except vanilla twelve minutes; add vanilla, and serve hot. This sauce is especially good served with Vanilla Ice Cream, but is good with any gelatine dessert.

Orange Chocolate Sauce

4 tablespoons Lowney's Premium Chocolate grated
3 tablespoons butter
3 egg yolks
4 tablespoons sugar
¼ cup rich milk
⅓ cup orange juice
grated rind of 1 orange

Melt chocolate in top of double boiler; add butter, stir until well mixed; add egg yolks, one at a time, sugar, and milk. Cook until thickened, add orange juice and rind, and serve at once.

Chocolate Cream Sauce

¾ cup powdered sugar
1 cup cream
¼ cup Lowney's Premium Chocolate grated
⅛ teaspoon salt
4 tablespoons hot water
1 egg white
1 teaspoon almond extract, or 1 tablespoon cordial

Melt chocolate; add sugar and boiling water; cook until glossy. Cool. Beat cream until stiff; add chocolate mixture gradually; cut and fold in beaten white. Flavor and

serve. One half cup Lowney's Cocoa may be substituted for the chocolate.

PASTRY

Rule for lining Plate and making Cover for Pie with Two Crusts

Roll the paste one quarter inch thick. Cut paste an eighth of an inch larger than plate. Cut strips three quarters inch wide for a rim. Cut upper crust at least one eighth inch larger than plate. Arrange lower crust on plate, wet edges with cold water, lay strips of paste or rim on this, taking care to lap and seal the ends with cold water. Fill the pie with whatever material is to be used. Cut little slits in center of upper crust. Lay on pie; wet edges of rim. Have all edges even, leaving fullness in center to allow for shrinking. Press edges lightly but firmly.

Rule for making a Pie with Under Crust only

Roll paste one eighth inch thick. Cut one inch larger than plate. Spread on plate; fold edge under, making paste the size of plate. This edge may be fluted or plain. Chill before filling.

Rule for Baking Pies

Perforated tin pie plates secure a well-baked under crust. Place pie in hot oven at first, reducing heat after crust becomes hardened. Turn frequently while baking, and bake until a golden brown — about forty-five minutes.

Chopped Paste

1½ cups flour
4 tablespoons lard
4 tablespoons butter
½ teaspoon salt
cold water

Sift salt and flour; add lard and butter when thoroughly chilled. Chop until like meal; add cold water to make a stiff dough. Chill; roll on a floured cloth or molding

board into a rectangular shape; fold ends towards center, double, turn halfway round, and roll again.

This paste is a superior one. Chill before rolling for pies.

Plain Paste

Use same rule as for Chopped Paste. Chop lard into sifted flour; when thoroughly mixed, add salt and water to form dough. Chill; roll in rectangular piece; place; butter which has previously been shaped, flattened, and chilled on middle of one side of paste; fold over other side, press edges together, and fold one end under and one end over butter, making six layers. Roll again into rectangle; fold in same way, and so continue three times. If butter begins to soften, roll paste in cheese cloth and place on ice until hard enough to roll easily. Be careful not to wet the cheese cloth.

Puff Paste

1 pound butter — 1 pound flour — cold water

Shape and flatten butter into a round cake. Chill. Sift flour several times; add cold water to form a dough a little stiffer than for baking powder biscuit. Chill. Place butter in same way as directed in Plain Paste and roll paste seven times. Chill if necessary between each rolling.

Apple Pie No. 1

Use either Puff or Plain Paste. For filling for a medium-sized pie tin, use three cups pared and sliced apples, one half cup sugar, one eighth teaspoon salt, one tablespoon butter, one fourth teaspoon cinnamon, one tablespoon lemon juice, and grated rind of one half lemon.

Apple Pie No. 2

Use either Puff or Plain Paste. For filling use rule for Apple Sauce, and season to taste.

Blueberry Pie

Line a deep perforated tin with Plain or Chopped Paste; brush with water or white of egg. Fill with floured blueberries; add sugar, butter, salt and vinegar. Allow one cup of sugar to three cups of berries, one tablespoon butter, one eighth teaspoon salt, and one half teaspoon vinegar. Cover with crust and bake.

Blackberry Pie

Use rule for Blueberry Pie, omitting flour and vinegar.

Cranberry Pie

Use Plain or Chopped Paste. Fill with two cups cranberries, one and one half cups sugar, one quarter cup water, and one tablespoon butter. Cover with upper crust or a lattice of paste strips; or bake without any upper crust. Decorate when done with pastry baked in fancy shapes.

Cranberry Pie No. 2

Use Plain Paste. For filling, mix one and one quarter cups chopped cranberries, one half cup chopped raisins, one cup sugar, one quarter cup water, and one tablespoon butter.

This is sometimes called Mock Cherry Pie.

Currant Pie

Use Plain Paste. For filling, mix two cups cleaned, fresh currants, two cups sugar, two tablespoons flour, two eggs, and one eighth teaspoon salt.

Bake with two crusts; or omit upper crust and cover with meringue when cooked.

Custard Pie

Use Plain or Chopped Paste. For filling, mix three eggs, one fourth cup sugar, one eighth teaspoon salt, one

eighth teaspoon nutmeg, and two cups milk. Bake in slow oven.

Citron Pie

Use Plain or Chopped Paste. For filling, mix two cups seeded raisins chopped, two cups citron chopped, one and one half cups sugar, grated rind of one lemon, four tablespoons lemon juice, one eighth teaspoon salt.

Cocoanut Pie

Line a plate with Plain Paste; fill with following mixture: two cups milk, three egg yolks, one half cup sugar, two tablespoons cornstarch, one cup grated cocoanut, one fourth teaspoon salt, grated rind and juice of one lemon, and one tablespoon butter.

Date Pie

Use Plain Paste. Add one and one half cups of dates, which have been cooked in boiling water until tender and pressed through a sieve, to Custard Pie filling.

Lemon Pie No. 1

Use Plain Paste. For filling, mix two tablespoons cornstarch, one cup sugar, and one half cup boiling water, boil five minutes, add one tablespoon butter, juice and rind of one lemon, and two eggs well beaten.

Lemon Pie No. 2

Use Plain Paste. For filling, mix one cup sugar, yolks of four eggs, one eighth teaspoon salt, one cup milk, grated rind and juice of one lemon, and the whites of four eggs beaten until stiff. Cover with meringue when done.

Mince Pie

Use Plain Paste for under crust, fill with mince-meat, cover with Puff Paste.

Peach Pie

Use Plain or Chopped Paste. For filling use two cups peaches, cut into eighths, one cup sugar, one tablespoon butter, one eighth teaspoon salt, and two tablespoons water.

Plum Pie

Use Plain or Chopped Paste. Remove stones from two cups plums; add one half cup sugar; dredge with flour; add two tablespoons lemon juice and one tablespoon butter.

Prune Pie

Substitute prunes for plums and follow rule for Plum Pie.

Pumpkin Pie

Line pie plate with Plain Paste. For filling, mix one and one half cups stewed and strained pumpkin, one and one half cups milk, one egg, three fourths cup brown sugar, one tablespoon butter, one half teaspoon each of salt and ginger, and one teaspoon cinnamon.

Chocolate Cream Pie

2 squares Lowney's Premium Chocolate or
½ cup of Lowney's Cocoa
¼ cup cornstarch
2 cups milk
2 egg whites
½ cup sugar
3 egg yolks
¼ teaspoon salt
1 tablespoon vanilla

Melt two squares Lowney's Chocolate or one half cup Lowney's Cocoa, add sugar, cornstarch, egg yolks, salt and milk. Cook in double boiler till thick, stirring constantly; flavor with vanilla. Pour into a baked pie crust shell, cover with a meringue made by beating egg whites till stiff and adding two tablespoons sugar; brown in oven and serve cold. See colored illustration, Plate VIII, opposite p. 227.

Rhubarb Pie

Use Plain Paste. For filling, mix two cups rhubarb cut in inch pieces, one cup sugar, two tablespoons each of butter and flour, one egg, one eighth teaspoon salt, and one teaspoon lemon juice.

Squash Pie

Use Chopped Paste. For filling, mix one cup stewed and strained squash, one half cup sugar, one half teaspoon salt, two eggs, one half teaspoon cinnamon, one fourth teaspoon nutmeg, and one half cup milk.

A very good pie may be made by using one and one half cups of the squash left from dinner, sweetening and seasoning it without adding eggs.

Mince Pie Filling

3 lbs. lean beef finely chopped	2 tablespoons salt
2 lbs. suet finely chopped	4 cups sugar
3 qts. apples finely chopped	1 cup coffee
3 lbs. raisins seeded and chopped	2 cups cider
2 lbs. currants	1 teaspoon cloves
3 lbs. citron cut in small pieces	1 teaspoon allspice
½ cup candied orange peel chopped	2 teaspoons cinnamon
½ cup candied lemon peel chopped	3 cups brandy
½ cup lemon juice	1 cup sherry
¼ cup orange juice	1 cup Currant Jelly

Mix all ingredients except brandy and sherry, and cook two hours; add liquor; let stand in crock for a week before using.

Vol-au-vent No. 1

Roll Puff Paste one half inch thick. Cut out in desired shape, wet edges, and place one inch rim on wet edge. Prick several times in center that paste may rise evenly. Chill. Cut cover the size of space inside the rim. Decorate top of cover with paste circles, crescents, or diamonds,

always wetting under surface with cold water before arranging. Chill before baking.

Pâté Shells

Roll Puff Paste one third inch thick; shape with round cutter; cut rings from one half the rounds. Place rings on rounds, using cold water to hold them together. Chill until stiff before baking.

Bouchées

Roll Puff Paste one fourth inch thick. Cut with small round cutter; make impression on round with smaller round cutter. Chill until stiff before baking.

Tarts

Roll Puff Paste a little less than one fourth inch in thickness. Cut in rounds, squares, or diamonds; put on rim, wetting edges. Chill and bake.

Vol-au-vent No. 2

Cover the outside of a charlotte russe mold with Puff Paste, cut one fourth inch thick. Prick surface of paste, chill, and bake. Cut a cover for vol-au-vent to fit mold; prick, chill, and bake. Remove vol-au-vent from mold immediately after baking.

Rule for Baking Puff Paste

Always chill Puff Paste before baking. Place in very hot oven; protect upper surface of paste, if necessary, at first.

Pâtés should be baked in twenty-four minutes; after the first fifteen, decrease heat.

Vol-au-vent should bake forty-five minutes to one hour, and should be turned frequently. Remove soft inside

portion as soon as taken from oven. Tarts and bouchées should be baked the same as pâtés.

Frangipane Tartlets

Cover fluted patty tins with Puff Paste. Make covers a little larger than patty tins. Bake in a hot oven. Fill with Frangipane Cream. Cover with meringue, and decorate with cherries, angelica, and blanched and browned almonds.

Frangipane Cream

Mix two tablespoons flour, one fourth cup powdered sugar, and one fourth cup cream until smooth. Cook ten minutes, stirring constantly; add four egg yolks, one tablespoon each of sherry, lemon juice, lemon rind, and chopped citron. Cook in double boiler until mixture thickens.

Almond Sticks

Roll Puff Paste one eighth inch thick. Brush with white of egg, sprinkle with shredded almonds and powdered sugar. Cut in strips one half inch wide and three inches long. Bake in a quick oven.

Cheese Straws

Roll Puff Paste — trimmings will do for this purpose — one eighth inch thick. Sprinkle with salt, cayenne pepper, and grated cheese. To keep these ingredients on the paste, pat and fold in three layers. Roll again, spread, fold, and roll as before. Cut in strips half inch wide and five inches long. Bake in a quick oven.

Banbury Tarts

Make tarts and fill with the following cooked mixture: mix for filling, one cup seeded and chopped raisins, one cup sugar, three tablespoons cracker crumbs, one egg, one

tablespoon butter, one eighth teaspoon salt, juice and rind of one lemon.

Banbury Squares

Roll Chopped Paste one fourth inch thick; cut in three inch squares. Put one and one half teaspoons Banbury mixture on one side of square, wet edges, fold to make a triangle, prick, and bake.

Apple Tarts

Fill tarts with Apple Sauce to which has been added one tablespoon butter.

Cranberry Tarts

Fill tarts with cranberry filling used for Cranberry Pie.

Lemon Tarts

Fill tarts with Lemon Cream used for Lemon Pie, cooked in double boiler until thick.

Peach Tarts

Cook two cups peaches cut in eighths, one cup sugar, one tablespoon lemon juice, one tablespoon butter, and a few grains salt, until peaches are tender. Cool and fill tarts.

Pineapple Tarts

Cook one cup grated pineapple, one fourth cup sugar, two egg yolks, grated rind and juice of one lemon, and few grains of salt, until thick. Chill and fill tarts.

Gooseberry Tart

For this tart cover the outside of a round agate-ware baking dish with Chopped Paste. Chill, bake. For filling, mix four cups gooseberries, one cup sugar, few grat-

ings lemon rind, few gratings nutmeg. Stew until gooseberries are tender; add two tablespoons butter. Use hot or cold in paste shell. Serve with cream or Soft Custard.

Lemon Crisps

Cut Puff Paste in strips four inches long, one inch wide, and one fourth inch in thickness. Chill and bake. Arrange in pairs with Lemon Filling between.

Orange Crisps

Prepare the same as Lemon Crisps, using Orange Filling.

Chantilly Tarts

Fill tarts with Strawberry Jam; serve with whipped cream.

Crisp à la Russe

Roll Puff Paste one eighth inch thick. Cut in strips two inches wide and four inches long. Spread one half with jam or jelly, fold over other half, press edges together, bake in hot oven. Brush with white of egg, sprinkle with almonds. Brown in oven.

CHAPTER XIV

CAKE AND COOKIES; FROSTINGS AND FILLINGS

Suggestions for making and baking Cake

1st. Get all materials needed together.

2d. Attend to fire, making sure, if it is a coal fire, that there is sufficient coal to last through the baking.

3d. Measure all ingredients with same cup, dry ones first.

4th. Mix and sift all dry ingredients except sugar; if soda is used, sift through a very fine sieve before sifting with other ingredients.

Mixing Butter Cakes

Cream Butter. — Cream butter, that is, beat it with a spoon until it is of a creamy consistency; then add sugar very gradually; when well blended, add yolks of eggs which have been beaten with a Dover egg beater until lemon-colored and thick.

When the ingredients are thoroughly incorporated, add sifted dry ingredients alternately with the milk. When all milk and flour have been used, beat well; then cut and fold in the stiffly beaten whites of eggs. Pour into buttered and papered pan, having mixture a little higher on the sides than in the middle.

Cutting and Folding. — Cut through and through the mixture with a knife or side of a wooden spoon, fold by turning the spoon completely over, thereby blending the materials without breaking the air bubbles. Never stir or beat after cutting and folding.

Mixing Sponge Cake

Beat yolks of eggs until lemon-colored and thick; add sugar and continue beating; add flour; when well blended, cut and fold in the stiffly beaten whites of eggs. Pour into buttered and papered pan; bake in a round pan with a tube in the center.

Baking Cake

For baking both sponge and butter cakes divide the time into quarters. The first quarter, the cake should rise; the second quarter, form a crust and begin to brown; third quarter, continue browning; and fourth quarter, finish browning and shrink from the pan. When baked, this may be determined by pressing crust with the finger; if a depression is left the cake is not done; if the cake springs back and leaves no depression, it is done. Take from oven, invert on a cake cooler, remove paper, turn right-side up and cool. When cold, frost.

Time for baking Cake

Thin cakes and individual cakes require from twelve to fifteen minutes to bake; loaf cakes from thirty to sixty minutes according to size.

If the cake rises unevenly, the mixture is too thick or the oven is too hot.

If the oven seems too hot, when the cake is ready for the oven, put the cake in the oven, but do not close the oven door for the first five or ten minutes of baking.

To grease Tins

Warm pans slightly; brush with melted lard, suet, or clarified butter; cover bottom of pan only with tissue paper, then grease the paper.

Lard or suet is less apt to brown than butter, but

many object to their use; if so, clarify the butter, by melting butter, letting stand until salt has settled to the bottom, then pouring off the liquid butter.

CAKE

Plain Chocolate Cake

- ½ cup butter
- 1½ cups sugar
- 2 cups flour
- 3 teaspoons baking powder
- 4 ounces Lowney's Premium Chocolate
- 5 tablespoons boiling water
- ¼ teaspoon salt
- ½ cup milk
- 1 teaspoon vanilla
- 4 eggs

Cream the butter; add the sugar very gradually, yolks of eggs well beaten, flour in which the baking powder and salt have been sifted, milk, and chocolate mixed with water. Beat well; add beaten whites, pour into buttered pans, and bake forty to fifty minutes in a moderate oven. This cake may be baked in small cakes by omitting one fourth cup flour.

Chocolate Cake No. 2

- 4 ounces Lowney's Premium Chocolate
- 1½ cups sugar
- ½ cup butter
- ½ cup milk
- 2 cups flour
- 3 eggs
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 3 tablespoons boiling water

Melt chocolate, add boiling water, and cook over hot water until smooth. Cream butter; add sugar gradually; when of a creamy consistency, add chocolate mixture, yolks of eggs well beaten, flour in which salt and baking powder have been sifted, and milk. Beat well; cut and fold in well-beaten whites; add flavoring. Pour into buttered pans and bake in a moderate oven thirty or forty minutes. Frost with White or Chocolate Frosting.

This mixture may be used for layer cakes by omitting one fourth cup flour and baking in layer cake pans.

Chocolate Raisin Cake

1 cup butter
1½ cups sugar
¾ cup milk
5 egg yolks
¼ teaspoon salt
2 tablespoons sherry or brandy
2 squares Lowney's Premium Chocolate, grated
½ teaspoon cinnamon
2 cups seeded raisins
3½ cups flour
3 teaspoons baking powder
5 egg whites

Cream butter; add sugar gradually, grated chocolate, raisins, cinnamon, baking powder and salt sifted with flour, milk. Beat well; add flavoring and well-beaten whites of eggs. Bake in deep buttered pans, forty minutes. This amount will make two loaves. The wine or brandy may be omitted, in which case, use one cup of milk instead of three fourths cup.

Chocolate Pound Cake

1 cup butter
1 cup sugar
5 egg yolks
5 egg whites
½ teaspoon salt
¼ cup Lowney's Premium Chocolate, grated
2 cups flour
¼ cup brandy
1 cup citron cut in small pieces

Cream butter; add sugar gradually, yolks of eggs beaten until thick and lemon-colored, flour, citron, salt. Beat well; cut and fold in whites of eggs beaten until stiff. Pour into buttered pans and bake one hour in a moderate oven. This cake may be baked in a buttered dripping pan and when cold cut into fancy shapes and iced.

Devil's Food

¾ cup butter
2 cups sugar
4 eggs
1 cup milk
8 tablespoons chocolate
2½ cups flour
1 teaspoon cinnamon
½ teaspoon clove
4 teaspoons baking powder
½ teaspoon salt

Cream the butter, add the sugar, the chocolate melted, eggs well beaten, flour sifted with baking powder, salt

and spices, and the milk. Beat well, and bake in angel cake pan. Frost with Chocolate or Marshmallow Frosting.

Cocoa Cake

½ cup butter
1½ cups sugar
4 eggs
½ cup Lowney's Cocoa
½ cup milk
1½ cups flour
2 teaspoons baking powder
¼ teaspoon salt
1 teaspoon vanilla

Mix in the order given and beat well for five minutes. Bake in buttered pan thirty to forty minutes in moderate oven.

Walnut Chocolate Cake

¼ cup Lowney's Always Ready Chocolate Powder
½ cup butter
1½ cups flour
½ cup milk
1 cup walnut meats
1 cup sugar
2 egg yolks
2½ teaspoons baking powder
2 tablespoons hot water
1 teaspoon vanilla
salt

Cream butter; add sugar, yolks of eggs well beaten and flour in which baking powder has been sifted, milk, and chocolate which has been moistened with hot water; beat well and add walnut meats. Bake in buttered jelly cake pans about twenty minutes.

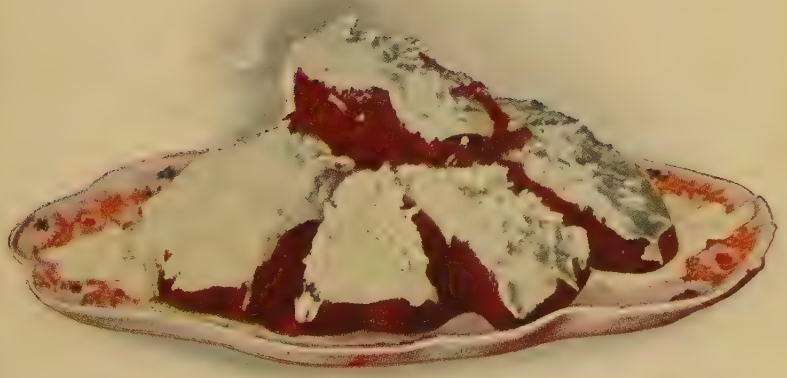
Spread one cake with one half cup of Lowney's Sweet Chocolate Powder moistened with one fourth cup boiling water and flavored with one teaspoon vanilla. Sprinkle with broken walnuts, cover with other cake, and ice with White Frosting. See colored illustration, Plate IX, opposite.

Chocolate Sponge Cake

¼ cup Lowney's Always Ready Chocolate Powder
yolks of 3 eggs
½ cup sugar
whites of 3 eggs
2 tablespoons hot water
¼ teaspoon salt
¼ cup pastry flour
1 teaspoon vanilla

WALNUT CHOCOLATE CAKE

Plate IX. For Receipt see page 262



CHOCOLATE SPONGE CAKE

Plate X. For Receipt see page 262

COCOA PARFAIT

Plate XI. For Receipt see page 302

COCOA FRAPPÉ

Plate XII. For Receipt see page 295

Beat yolks until lemon-colored and thick; add sugar and continue beating. Mix chocolate with water, add to sugar mixture; cut and fold in flour, salt and beaten whites. Flavor and bake in buttered pan in a moderate oven three quarters of an hour. See colored illustration, Plate X, opposite p. 262.

Chocolate Nut Cakes

4 squares Lowney's Premium Chocolate, grated
1½ cups sugar
3 teaspoons baking powder
1 cup nut meats broken in pieces
¾ cup butter
2¼ cups flour
½ cup milk
8 egg whites
1 teaspoon vanilla
salt

Cream butter; add sugar, flour in which baking powder has been sifted, and milk, and beat well; add whites of eggs beaten stiff and nut meats; then add chocolate and vanilla. Pour into buttered gem pans and bake in hot oven twenty-five minutes.

Simple Butter Cake

½ cup butter
2 cups sugar
4 egg yolks
1 cup milk
3 cups flour
4 teaspoons baking powder
4 egg whites
1 teaspoon flavoring
¼ teaspoon salt

Follow directions for making Butter Cake, and bake in a loaf in a moderate oven forty minutes, or in rounds twenty minutes.

Currant Cake

Add one cup currants to Simple Butter Cake. Bake in loaves or rounds.

Layer Cake

Bake Simple Butter Cake in four square shallow pans. Fill with Lemon Cream, Cocoanut Cream, Chocolate Cream, or Jelly.

Gold Cake

¾ cup butter
1½ cups sugar
8 egg yolks
1 egg
2¼ cups flour
4 teaspoons baking powder
1½ cups milk
¼ teaspoon salt
1 teaspoon lemon extract, or
1 teaspoon orange extract

Follow directions for Butter Cake, and bake in loaves or rounds.

Silver Cake

¾ cup butter
2 cups sugar
2 cups pastry flour
4 teaspoons baking powder
¼ teaspoon salt
½ cup milk
8 egg whites
1 teaspoon almond extract

Follow directions for mixing Butter Cake. Bake in loaves or rounds in moderate oven.

Nut Cake

Add one cup chopped walnuts to Silver Cake mixture, and flavor with vanilla instead of almond.

Orange Cake

¼ cup butter
1 cup sugar
2 egg yolks
¼ teaspoon salt
1½ cups flour
2 teaspoons baking powder
½ cup milk
2 egg whites
1 tablespoon orange extract

Mix as Butter Cake, and bake in two-layer cake pans twenty minutes. Cool, fill with Orange Filling, and cover with Orange Frosting.

Cream Pie

Use rule for Orange Cake. Fill with Cream Filling, and sprinkle top with powdered sugar.

Spice Cake

½ cup butter
1½ cups brown sugar
2 eggs
½ cup milk
¼ teaspoon salt
2 cups flour
3 teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon nutmeg
⅛ teaspoon clove

Mix and sift dry ingredients, add butter, sugar, eggs and milk, and beat until smooth. Bake in a moderate oven forty minutes. One cup chopped raisins, or one cup chopped dates may be added to this cake.

Marble Cake

½ cup butter
1 cup sugar
2 egg yolks
½ cup milk
2 egg whites
½ teaspoon cinnamon
½ teaspoon nutmeg
¼ teaspoon salt
1¾ cups of flour
3 teaspoons baking powder
1 tablespoon molasses

Cream butter; add sugar, yolks of eggs beaten until thick, flour in which baking powder has been sifted, alternately with milk and egg whites, beaten until stiff. To one third of this mixture add the spices. Pour into pan the light and dark mixtures irregularly.

Jelly Roll

3 egg yolks
1½ cups sugar
½ cup water
¼ teaspoon salt
2 cups pastry flour
2 teaspoons baking powder
3 egg whites
1 teaspoon vanilla

Sift baking powder and salt with flour, and follow directions for making Sponge Cake. Pour into medium-sized buttered dripping pan to depth of one half inch. Bake in a moderate oven ten to twelve minutes; turn on to a wet cheese cloth sprinkled with confectioner's sugar. Cut off edges of cake, spread with warm Jelly, and roll. Work quickly.

Pound Cake

1 pound butter
1 pound sugar
10 eggs
1 pound flour
¼ cup wine
¼ cup brandy
few gratings nutmeg

Cream butter; add flour. When well blended, add yolks of eggs beaten until thick, then sugar with nutmeg, whites of eggs beaten until stiff, and wine and brandy. Bake in loaves or small cakes.

Fruit Cake

1 pound sugar (brown)
1 pound butter
12 eggs
1 pound flour
½ teaspoon cloves
1 teaspoon each nutmeg and mace
2 teaspoons cinnamon
2 cups raisins
4 cups currants
4 cups chopped almonds
4 cups chopped citron
juice and rind of 1 lemon
¼ cup brandy

Cream butter; add sugar, eggs well beaten, and remaining ingredients. Pour into buttered and papered pans. Steam three hours and bake two hours.

Raised Fruit Cake

4 cups flour
1 cup butter
1½ cups sugar
½ cup milk
1 teaspoon salt
½ yeast cake dissolved in one half cup water
2 eggs
¼ cup wine
2 cups seeded raisins
1 cup citron

Mix all ingredients except eggs and fruit. Raise over night. In the morning add eggs and fruit; cover and raise again; pour into buttered and papered pans; let it rise one hour. Bake in moderate oven one and one half to two hours.

Imperial Cake

¾ cup butter
1½ cups sugar
3 egg yolks
2½ cups flour
3 teaspoons baking powder
¼ cup milk
2 cups seeded raisins
1½ cups currants
1 cup citron
½ cup candied orange peel
¼ cup brandy
3 egg whites
½ teaspoon salt

Mix as Butter Cake, adding fruit last. Bake in buttered and papered pans in a moderate oven one hour.

Fig Cake

Use rule for Orange Cake. Bake in layers. Fill with Fig Filling, and sprinkle with confectioner's sugar.

Marshmallow Cake

Bake Silver Cake in layers. Fill and frost with Marshmallow Frosting.

Chocolate Marshmallow Cake

Add four squares melted chocolate to Silver Cake. Bake in layers, and fill and cover with Marshmallow Frosting.

Mocha Cake

Use rule for Hot Water Sponge Cake. Bake in layers. Cool; cut in rounds; arrange in three layers, with confectioner's frosting between; spread sides and top with Mocha Frosting; sprinkle sides with cocoanut, and garnish top with Mocha Frosting put through pastry bag.

If a coffee cake is preferred, substitute hot coffee for hot water in Hot Water Sponge Cake.

Plain Sponge Cake No. 1

8 eggs
½ weight of eggs in flour
weight of eggs in sugar
3 tablespoons lemon juice

Beat yolks ten minutes; add sugar; beat five minutes; add lemon juice and flour; when well blended, add stiffly beaten whites, cutting and folding them in.

Pour into angel cake pan and bake in a moderate oven one hour.

Plain Sponge Cake No. 2

1 cup powdered sugar
¾ cup flour
¼ teaspoon salt
grated rind ½ lemon
1 tablespoon lemon juice
4 eggs

Beat yolks until lemon-colored and thick; add sugar, rind and juice of lemon. Cut and fold in the well-beaten whites, also the sifted flour. When thoroughly blended, pour into buttered and papered pan and bake thirty to forty minutes.

Hot Water Sponge Cake

3 egg yolks
1 cup sugar
1 cup flour
1 tablespoon lemon juice
1 teaspoon baking powder
2 tablespoons hot water
3 egg whites
¼ teaspoon salt

Beat egg yolks until lemon-colored and thick; add sugar and continue beating. Add flour, mixed and sifted with baking powder and salt, hot water, and whites of eggs beaten until stiff, with lemon juice added.

Simple Chocolate Cake

3 eggs
½ cup sugar
¼ teaspoon salt
¼ cup Lowney's Cocoa
½ teaspoon vanilla
grated rind and juice of ½ lemon
1 tablespoon flour
½ teaspoon cinnamon
½ teaspoon baking powder
¼ teaspoon clove

Mix cocoa, spice, flour, baking powder, and salt; beat the yolks of eggs until lemon-colored and thick; add sugar and beat well; add lemon juice and rind; when well blended, add chocolate mixture and the beaten whites of eggs. Bake in buttered shallow pans twenty minutes in a moderate oven. When cool put together with Chocolate Frosting or Currant Jelly or White Mountain Cream.

Cold Water Sponge Cake

6 eggs
3 cups sugar
grated rind and juice of ½ lemon
¾ cup cold water
3 cups flour
3 teaspoons baking powder
½ teaspoon salt

Beat yolks of eggs until lemon-colored and thick; add sugar, rind and juice of lemon, water, flour in which salt and baking powder has been sifted. When well blended, cut and fold in the beaten whites of eggs. Bake in two pans thirty to forty minutes.

Cream Sponge Cake

1 cup sugar	grated rind and juice 1 lemon
½ cup water	1½ cups flour
5 egg yolks	5 egg whites

Cook water and sugar until it threads. Beat egg yolks until lemon-colored and thick. Add sugar sirup, lemon juice and rind, and beat until mixture is cold. Cut and fold in the beaten whites and flour. Bake in an angel cake pan forty to fifty minutes.

True Sponge Cake

6 eggs	1 cup flour
1 cup sugar	juice and rind 1 lemon
	½ teaspoon salt

Follow directions for making Sponge Cake. Bake in a deep pan forty to sixty minutes.

Angel Cake

1 cup granulated sugar	¼ teaspoon salt
1 cup egg whites	1 teaspoon cream of tartar
1 cup flour	1 teaspoon vanilla

Beat egg whites on platter with wire beater. When foamy, add cream of tartar; when stiff, add sugar gradually. Sift flour four times with salt. Cut and fold into egg mixture. Add vanilla, bake one hour in moderate oven in angel cake pan. Invert pan on cake cooler and allow it to drop out itself. If too brown, wrap in wet cheese cloth for ten minutes; then brown may be easily removed.

Sunshine Cake

1 cup sugar
5 egg yolks
¼ teaspoon salt
¾ cup flour
½ teaspoon cream of tartar
6 egg whites
1½ tablespoons orange juice
1 teaspoon lemon juice

Beat yolks until lemon-colored and thick; add sugar and flavoring and continue beating. Mix and sift flour and cream of tartar four times. Cut and fold in stiffly beaten whites, alternately with flour. Bake in an angel cake pan one hour in a moderate oven.

Chocolate Cake

½ cup butter
1 cup sugar
3 eggs
½ cup milk
2 cups flour
3 teaspoons baking powder
4 ounces chocolate, melted
1 teaspoon vanilla

Follow rule for mixing Butter Cake and bake in loaf or rounds in moderate oven.

Almond Cake

Use rule for Silver Cake. Bake in shallow pan; sprinkle with powdered sugar and chopped almonds. Bake twenty to thirty minutes in moderate oven.

Bride's Cake

Use rule for Silver Cake and bake in angel cake pan forty to sixty minutes.

Lemon Queens

½ cup butter
1 cup sugar
1 cup flour
2 teaspoons baking powder
4 egg yolks
grated rind 1 lemon
2 tablespoons lemon juice
4 egg whites

Make as Butter Cake and bake in buttered lemon queen pans twenty to thirty minutes.

Cream Puffs

1 cup boiling water
½ cup butter
1¾ cups flour
5 eggs
1 tablespoon sugar
¼ teaspoon salt

Boil sugar, water and butter one minute; add flour all at once. Beat until mixture leaves side of the pan in a mass, add eggs, one at a time, beating thoroughly. When all eggs are used, beat five minutes; drop from tip of tablespoon on to a buttered sheet and bake one half hour in quick oven. Fill with Cream Filling, Strawberry Filling, Chocolate Filling, or Whipped Cream.

Éclairs

Use rule for Cream Puffs. Put mixture in pastry bag or shape in strips three and one half inches long and one inch wide, on buttered sheet. Bake twenty to thirty minutes in quick oven.

Fill with Cream, Chocolate, Coffee, or Strawberry Filling, and brush tops with melted Fondant, Chocolate Frosting, or Confectioner's Frosting.

Lady Fingers

6 eggs
¾ cup powdered sugar
1 cup flour
grated rind 1 lemon
¼ teaspoon salt
powdered sugar
1 tablespoon lemon juice

Beat yolks until lemon-colored and thick; add sugar and continue beating. Add lemon rind and the egg whites, beaten to a stiff froth. Cut and fold in the flour and salt. Shape on buttered sheet, using tablespoon or pastry bag and tube, four inches long and one inch wide. Sprinkle thickly with powdered sugar.

Bake twelve minutes in a moderately hot oven.

Sponge Drops

Use rule for Lady Fingers. Drop from a tablespoon in rounds the size of a silver dollar on buttered sheet. Sprinkle with powdered sugar and bake as Lady Fingers.

Sugar Cookies

½ cup butter
1 cup sugar
1 tablespoon milk
flavoring
2 eggs
2 teaspoons baking powder
¼ teaspoon salt
2 cups flour

Cream butter; add sugar, yolks well beaten, flour, baking powder, and salt, milk, and whites beaten to a stiff froth, and enough more flour to make of consistency to roll. Cut off a small piece of dough, roll on floured board, sprinkle with granulated sugar, shape with cooky cutter, and bake ten minutes. Save all trimmings until the last. Do not mix trimmings with fresh dough.

Soft Sugar Cookies

1 cup butter
2 cups sugar
2 eggs
½ teaspoon salt
1 cup milk
4 cups flour
3 teaspoons baking powder
1 teaspoon lemon extract

Cream the butter, add sugar, and when creamy the remaining ingredients. Chill. Roll, cut in rounds and bake in a quick oven.

Sand Cookies

½ cup butter
1 cup sugar
1 egg
¼ teaspoon salt
2 cups flour
2 teaspoons baking powder
2 teaspoons cinnamon mixed with
4 tablespoons sugar
½ cup blanched almonds

Mix as sugar cookies; roll; shape with doughnut cutter; brush with water or white of egg; sprinkle with cinnamon mixture. Decorate with halves of almonds. Bake in a quick oven.

Nut Cookies

¼ cup butter
½ cup sugar
2 eggs
2 teaspoons baking powder
½ teaspoon salt
1 cup flour
¼ cup milk
1 cup chopped nut meats
flavoring

Mix like Sugar Cookies. Add nuts; drop from a teaspoon on to buttered sheet. Decorate with halves of nuts. Bake in quick oven.

Almond Cookies

½ cup butter
½ cup sugar
1 cup chopped almonds
1 teaspoon cinnamon
3 egg yolks
1½ cups flour
2 teaspoons baking powder
½ teaspoon vanilla

Mix in the order given. Chill, roll, brush with white of egg, sprinkle with granulated sugar, cut, and bake in a quick oven.

Bangor Brownies

¼ cup butter
1 cup brown sugar
1 egg
3 squares chocolate
½ to ¾ cup flour
1 cup nut meats
½ teaspoon salt

Put all ingredients in bowl and beat until well mixed. Spread evenly in buttered baking pan. Bake and cut in strips.

Creoles

3 eggs
1½ cups brown sugar
¾ cup of flour
½ teaspoon salt
1½ cups pecan nut meats
few grains cayenne

Mix all ingredients in bowl; beat well. Fill small buttered fluted tins one half full. Decorate with pecans. Bake twelve to fifteen minutes.

Hermits

¾ cup butter
1 cup brown sugar
2 eggs
¾ teaspoon soda
1 tablespoon hot water
2½ cups flour
½ teaspoon salt
1 teaspoon cinnamon
¼ teaspoon each, clove, mace and nutmeg
1 cup raisins

Mix ingredients in order given. Roll mixture one quarter inch thick. Shape with cooky cutter. Put one raisin in center of each round. Bake in moderate oven twelve to fifteen minutes.

Chocolate Wafers

½ cup butter
1 cup sugar
2 eggs
1 teaspoon vanilla
1¼ cups flour
⅛ teaspoon salt
4 tablespoons Lowney's Premium Chocolate, melted

Mix in the order given. Beat well. Pour into buttered pans in thin layers. Bake in quick oven six to eight minutes. Cut in long narrow strips while hot, and serve cold.

Wafers

½ cup butter
1 cup powdered sugar
½ cup milk
1¾ cups flour
1 teaspoon vanilla
¼ teaspoon salt

Cream the butter and add other ingredients. Spread on inverted buttered tins. Bake in quick oven, cut in squares, and roll. If this is done on top of the range, there will be less danger of the wafers breaking.

Nut Wafers

Sprinkle finely chopped nuts on the wafers just before baking.

CHOCOLATE JUMBLES

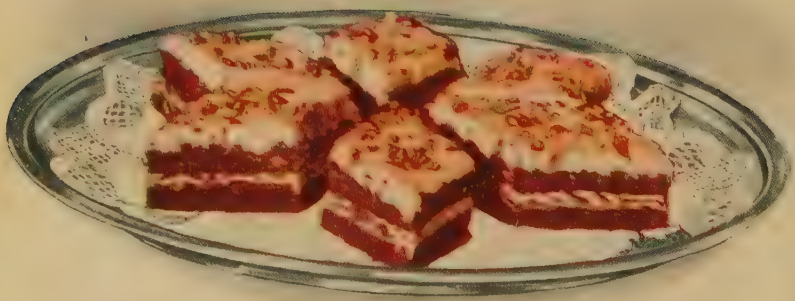
Plate XIII. For Receipt see page 275

CHOCOLATE WALNUT WAFERS

Plate XIV. For Receipt see page 275

LOWNEY'S CHOCOLATE HERMITS

Plate XV. For Receipt see page 275



CHOCOLATE SWEDISH MERINGUES

Plate XVI. For Receipt see page 276

Chocolate Jumbles

½ cup butter
1 cup sugar
2 squares Lowney's Premium Chocolate, grated
2 eggs
2 teaspoons baking powder
2 cups flour and enough more flour to roll out.
1 tablespoon milk

Mix in the order given, toss on to a floured board, and roll to an inch in thickness. Cut out with a doughnut cutter. Just before putting into the oven, dust over with granulated sugar and bake ten minutes. See colored illustration, Plate XIII, opposite p. 274.

Chocolate Walnut Wafers

¼ cup butter
½ cup powdered sugar
2 squares Lowney's Premium Chocolate, grated
¼ cup milk
1 cup flour
½ teaspoon vanilla
1 cup chopped walnuts
½ teaspoon salt

Cream butter ; add dry ingredients, milk and flavoring. Spread on inverted pans which have been well buttered. Sprinkle with chopped nuts. Bake in moderate oven. Crease immediately on removing from oven. See colored illustration, Plate XIV, oppositep. 274.

Lowney's Chocolate Hermits

½ cup butter
⅔ cup sugar
2 eggs
½ cup raisins seeded
¼ teaspoon salt
2 teaspoons baking powder
2 cups flour
¼ cup Lowney's Always Ready Chocolate Powder
2 tablespoons hot water
1 teaspoon cinnamon

Cream butter; add sugar, eggs, raisins, flour in which baking powder has been sifted, chocolate melted in water, salt and cinnamon. Drop from a teaspoon on to a buttered baking sheet, put a raisin in the center of each her-

mit, and bake in a moderate oven. See colored illustration, Plate XV, opposite p. 275.

Chocolate Swedish Meringues

5 egg whites
½ teaspoon cream of tartar
1 cup sugar
¼ cup Lowney's Cocoa
½ cup flour
½ teaspoon vanilla

Beat the whites of eggs until foamy; add cream of tartar, sugar and cocoa. Continue beating until spoon will stand up in mixture; add vanilla and fold in the flour. Bake in buttered shallow pans in a moderate oven about twenty minutes. Put cakes together with following filling, and decorate top with filling and candied fruit and nuts.

Filling

Melt one half pound marshmallows. Cook one cup sugar and one third cup boiling water until, when dropped from tip of a spoon, a thread is formed. Pour slowly on to melted marshmallows, add one half teaspoon vanilla, and beat until thick enough to spread. Put between and on top of cakes. Sprinkle with chopped nuts, raisins, cherries and angelica. This may be made in one large cake or cut in small ones the shape of dominoes and decorated in the same way. See colored illustration, Plate XVI, opposite p. 275.

Cornucopias

Shape Wafers as soon as taken from the oven. Fill with Whipped Cream, or Cream Fillings of various flavors.

Chocolate Dominoes

½ cup chopped walnut meats
½ cup chopped figs
½ cup almond paste
grated rind of orange
2 squares Lowney's Premium Chocolate, melted
¼ teaspoon salt
orange juice
sugar

Mix the ingredients with enough orange juice to make the mixture of the consistency to spread. Knead on a sugared board. Cut in shape of dominoes, coat with melted chocolate, and decorate with pieces of almonds.

Chocolate Angelettes

4 egg whites
½ teaspoon cream of tartar
½ cup sugar
⅛ teaspoon salt
4 tablespoons Lowney's Always Ready Chocolate Powder
¼ cup flour
1 teaspoon vanilla
confectioner's sugar

Beat whites; add cream of tartar and sugar, and continue beating. Cut and fold in salt, chocolate, flour. Flavor and drop by spoonfuls on to a buttered sheet; sprinkle with confectioner's sugar and bake in a moderate oven.

Chocolate Cookies

½ cup butter
1 cup sugar
1 egg
3 squares Lowney's Premium Chocolate
2 cups flour
2 teaspoons baking powder
½ teaspoon salt
4 tablespoons milk

Cream butter; add remaining ingredients. Chill, roll, and shape. Bake in a moderate oven.

Chocolate Macaroons

½ pound almond paste
⅝ pound powdered sugar
3 egg whites
2 squares Lowney's Premium Chocolate
⅛ teaspoon salt
1 teaspoon vanilla

Mix almond paste and sugar, until the mixture feels like meal; add whites of eggs, one at a time, and work with a spatula until there are no lumps; add chocolate, salt and vanilla. Drop from a teaspoon on to a buttered paper; bake twenty to thirty minutes in a slow oven. Remove from paper as soon as cooked. If baked in a quick oven, they will not be a success.

Cocoa Cocoanut Cookies

3 eggs
1 cup sugar
½ cup heavy cream
½ cup shredded cocoanut
¼ cup Lowney's Always Ready Chocolate Powder
2½ cups flour
2 teaspoons baking powder
1 teaspoon salt

Mix ingredients in order given. Chill, roll ¼ inch thick, and shape with cooky cutter. Bake in moderate oven.

Lowney's Brownies

½ cup butter
1 cup sugar
2 squares Lowney's Premium Chocolate
2 eggs
½ cup nut meats
½ cup flour
¼ teaspoon salt

Cream butter, add remaining ingredients, spread on buttered sheets, and bake ten to fifteen minutes. Cut in squares as soon as taken from oven.

Mushroom Meringue

Make a round of meringue mixture size of a quarter. Shape stems by drawing mixture upward. Sprinkle tops with cocoa. Bake in moderate oven. Remove from paper and press stems into bottom of rounds to resemble mushrooms.

Macaroons

1 cup almond paste
1 cup powdered sugar
3 egg whites
¼ teaspoon almond extract

Mix almond paste and sugar until like meal. Add one egg white at a time and mix thoroughly. When well blended, shape on buttered paper in small rounds. Bake on inverted dripping pan in a very slow oven. Remove from paper immediately.

Doughnuts

1¼ cups sugar	1 cup milk
2 egg yolks	4½ cups flour
1 egg	1 teaspoon soda
1 teaspoon salt	2 teaspoons cream of tartar

few gratings of nutmeg

Beat eggs; add sugar, dry ingredients sifted, and milk. Beat well. Add flour to make a soft dough. Chill over night if possible.

Roll to one inch thickness; cut with doughnut cutter; fry in hot fat, turning often. Drain on brown paper.

Crullers

Add to doughnut mixture two tablespoons butter. Roll one quarter inch thick. Cut in pieces four inches long and two inches wide. Make two slits in each, twist slightly, and fry in hot fat.

Hard Gingerbread

1½ cups butter	1 teaspoon soda
2½ cups sugar	¼ cup milk
6 eggs	3 teaspoons ginger

8 cups flour

Cream butter; add remaining ingredients. Spread quarter inch thick on buttered inverted dripping pan. Roll with creased rolling pin. Bake in quick oven. Cut in squares. Cool and keep in air-tight receptacles.

Molasses Drops

⅓ cup butter	½ teaspoon salt
⅓ cup boiling water	1 tablespoon ginger
⅔ cup molasses	1 teaspoon cinnamon
1 teaspoon soda	flour

Pour boiling water over butter; add remaining ingredients, using sufficient flour to make a drop batter. Drop

from tablespoon on to buttered tin. Bake in moderate oven fifteen minutes.

New York Gingerbread

¾ cup butter
1½ cups flour
5 eggs
1¾ cups powdered sugar
1 tablespoon yellow ginger
1 teaspoon baking powder
¼ teaspoon salt

Cream butter; add flour. Add remaining ingredients and beat ten minutes. Bake in buttered bread pan forty-five to sixty minutes.

Meringues

1 cup egg whites
¼ teaspoon salt
1 cup fine granulated sugar
½ teaspoon vanilla

Add salt to eggs; beat until very stiff. Add two tablespoons sugar, beat five minutes. So continue until half the sugar is used. When very stiff, cut and fold in the remaining sugar. Drop by spoonfuls on to wet paper on inverted dripping pan. Bake in slow oven thirty minutes. Remove from paper; take out uncooked portion; dry in oven. Cool and fill with Whipped Cream or Ice Cream. Arrange in pairs.

Chocolate Meringues

Substitute one half cup Lowney's Premium Chocolate for the one half cup cocoanut in the receipt for Cocoanut Meringues.

Chocolate Cocoanut Meringues

Add one half cup Lowney's Premium Chocolate to the receipt for Cocoanut Meringues.

Cocoanut Meringues

4 egg whites
1 cup powdered sugar
⅛ teaspoon salt
½ cup cocoanut
½ teaspoon vanilla

Beat the whites until dry, add sugar, and continue beating. Cut and fold in remaining ingredients. Shape, using pastry bag and tube. Bake in a very moderate oven.

Superior Gingerbread

- ½ cup butter
- 1 cup molasses
- 1 cup boiling water
- 1 egg
- 1 teaspoon grated orange peel
- 3 cups flour
- 1½ teaspoons soda
- ½ teaspoon salt
- 1 teaspoon ginger
- 1 teaspoon cinnamon

Mix ingredients in order given. Beat well and bake in loaf thirty minutes, or in muffin pans twenty minutes.

Sour Milk Gingerbread

- 1 cup molasses
- 1 cup sour milk
- 2 cups flour
- 1 egg
- 2 teaspoons ginger
- 2 teaspoons soda
- ½ teaspoon salt

Mix and sift dry ingredients; add remaining ingredients, beat well, pour into buttered pan, and bake twenty to thirty minutes.

Hot Water Gingerbread

- 1 cup molasses
- 2 cups flour
- 1 teaspoon soda
- 1 tablespoon ginger
- 2 to 4 tablespoons butter or beef suet
- ½ cup boiling water
- ½ teaspoon salt
- ⅛ teaspoon cinnamon

Mix and sift dry ingredients; add remaining ingredients. Bake twenty to thirty minutes.

Rochester Gingerbread

- ½ cup beef drippings
- ½ cup brown sugar
- 1 cup sour milk
- 1 cup molasses
- 2 eggs
- 3 cups flour
- 1 teaspoon soda
- 2 teaspoons ginger

Melt the beef drippings, add remaining ingredients, beat well, and bake in deep bread pans in a moderate oven.

Ginger Snaps

1 cup molasses
¼ to ½ cup butter, suet, or chicken fat
3 cups flour
½ teaspoon soda
1 tablespoon ginger
2 teaspoons salt

Boil shortening and molasses two minutes. Add remaining ingredients, mixed and sifted. Beat well; chill over night. Roll very thin. Shape with knife or cutter. Bake on buttered pan in quick oven eight to ten minutes.

FROSTINGS

Cocoa Frosting No. 1

1 cup confectioner's sugar
1 egg white
1 teaspoon flavoring
¼ cup Lowney's Cocoa
1 tablespoon cream or milk
1 teaspoon butter

Beat white of egg, sugar and cocoa for five minutes. Add flavoring, milk and melted butter. Spread on cake when cool.

Cocoa Frosting No. 2

1 cup confectioner's sugar
4 tablespoons strong coffee
¼ cup Lowney's Cocoa
⅛ teaspoon salt

Mix cocoa and sugar; add hot coffee. Stir over fire five minutes. Add salt and spread on cake.

Rich Chocolate Frosting

2 ounces Lowney's Premium Chocolate
½ cup sugar
2 teaspoons butter
¼ cup milk
1 teaspoon sherry wine, or ½ teaspoon vanilla

Mix chocolate, add other ingredients, and cook until, when dropped in water, a soft ball is formed.

Chocolate Frosting

2 ounces Lowney's Premium Chocolate
½ cup cream
1 teaspoon melted butter
1 egg yolk
2 cups confectioner's sugar
½ teaspoon vanilla

Melt chocolate, add other ingredients, and spread on cake. One cup chopped walnuts makes a chocolate walnut frosting.

NOTE. — Confectioner's sugar varies in thickening properties. Should this frosting be too thick, dilute with a small quantity of hot water or milk.

Boiled Frosting No. 1

1 cup sugar
⅓ cup hot water
1 teaspoon lemon juice
1 egg white
⅛ teaspoon cream of tartar
1 teaspoon vanilla

Boil sugar and water until it threads; pour on to the beaten egg white, pouring in a steady stream and very slowly, adding, while beating, cream of tartar, lemon juice and vanilla; stir until thick. Spread on cold cake.

Boiled Frosting No. 2

1 cup sugar
⅓ cup water
2 egg whites
1 tablespoon lemon juice
1 teaspoon vanilla

Follow rule for cooking Boiled Frosting No. 1.

Confectioner's Frosting No. 1

1 cup confectioner's sugar
1 egg white
1 teaspoon flavoring extract
½ teaspoon lemon juice

Mix ingredients and beat until thick.

Confectioner's Frosting No. 2

Same ingredients as Confectioner's Frosting No. 1, omitting vanilla, and flavoring with strawberry, raspberry, or orange juice.

Confectioner's Frosting No. 3

3 tablespoons milk, cream, or boiling water
confectioner's sugar
flavoring extract
1 teaspoon lemon juice

Add sufficient sugar to liquid to make of consistency to spread; add flavoring and use.

Caramel Frosting No. 1

1 cup brown sugar
⅓ cup cream
few grains salt
3 tablespoons caramelized sugar

Boil sugar and cream till it begins to thread; add caramelized sugar and spread.

Caramel Frosting No. 2

2 cups brown sugar
1 cup thin cream
1 tablespoon butter
few drops vanilla

Mix ingredients except vanilla, and boil without stirring until a soft ball can be formed; add vanilla. Beat until creamy. Spread.

Chocolate Frostings

See p. 282.

Coffee Frosting

Confectioner's Frosting No. 1
2 tablespoons black coffee

Follow directions for Confectioner's Frosting No. 1.

Fudge Frosting

2 tablespoons butter
1 cup sugar
2 squares Lowney's chocolate
1 teaspoon vanilla
⅓ cup milk

Cook sugar, milk and chocolate six minutes; add butter; cook six minutes; add vanilla, and beat until of consistency to spread.

Fudge Nut Frosting

Add one cup shredded nuts to Fudge Frosting, just before removing from fire.

Gelatine Frosting

1 teaspoon granulated gelatine
1 tablespoon cold water
¼ cup boiling water
confectioner's sugar
1 teaspoon vanilla

Soak gelatine in cold water; add boiling water, stir until dissolved; add sugar until of consistency to spread. Flavor and use.

Cocoanut Frosting

Use rule for Fudge Frosting; add one cup shredded cocoanut.

Maple Frosting

1 cup maple sugar
1 cup boiling water
1 egg white
⅛ teaspoon cream of tartar

Boil sugar, water and cream of tartar until thread is formed. Pour on to the beaten white, and continue beating until of consistency to spread.

Marshmallow Frosting

1 cup sugar
⅓ cup hot water
½ pound marshmallows
white of one egg
1 teaspoon vanilla

Melt marshmallows in double boiler. Cook sugar and water until thread is formed. Pour on to the beaten white. Add melted marshmallows, flavoring, and beat until of consistency to spread.

Marshmallow Nut Frosting

Add one cup shredded walnuts or castañas to Marshmallow Frosting.

Tutti-frutti Frosting

Add one cup mixed candied fruit and nuts to Marshmallow Frosting.

Orange Frosting

confectioner's sugar
4 tablespoons orange juice
2 egg yolks
grated rind one orange
1 teaspoon lemon juice

Soak rind in fruit juice one half hour; strain; add remaining ingredients until of consistency to spread.

Nougat Frosting

1 cup chopped almonds
4 tablespoons sugar
1 cup sugar
⅓ cup boiling water
2 egg whites

Brown almonds in oven. Caramelize four tablespoons sugar, add almonds, cool, and pound. Boil sugar and water until it threads, add almond powder, pour on to the beaten whites, and beat until thick enough to spread.

Fig Frosting

To Confectioner's Frosting No. 1 add one cup figs which have been boiled in one half cup water until tender, and chopped until fine.

Wine Frosting

To Boiled Frosting No. 2 add one tablespoon Madeira or sherry wine, and omit vanilla.

Fondant

3 cups sugar
1½ cups water
¼ teaspoon cream of tartar
flavoring

Boil sugar and water until a soft ball can be formed. Wash sides of saucepan with moist cheese cloth, as fast as the sugar crystallizes. Pour on to marble. When it begins to harden, work with a spatula until creamy. Chill, flavor, melt, and use for frosting.

Ornamental Frosting

4 egg whites
2 tablespoons lemon juice
confectioner's sugar
flavoring

To egg whites add three tablespoons sugar. Beat five minutes, add sugar in small quantities, beating five minutes between each addition. Continue thus until frosting

is stiff enough to spread. Use pastry bag and tube to decorate cake with this frosting.

Brown Sugar Frosting

1 cup brown sugar
⅓ cup water
2 egg whites
1 tablespoon lemon juice
1 teaspoon vanilla

Make the same as Boiled Frosting.

Marshmallow Frosting No. 2

Boiled Frosting
½ pound marshmallows

Heat marshmallows in oven; when puffed arrange on top of cake and pour Boiled Frosting over them.

Mocha Frosting

½ cup butter
1¼ cups confectioner's sugar
¼ cup flour
1 cup granulated sugar
¼ teaspoon salt
2 eggs
1½ cups scalded milk
¼ cup strong coffee
2 squares Lowney's Premium Chocolate (melted)
1 teaspoon vanilla

Cream butter; add confectioner's sugar. Beat eggs; add granulated sugar, flour, salt, milk, coffee and chocolate. Cook in double boiler ten minutes; cool, flavor, and add to creamed butter. Use for filling and frosting for mocha cakes.

FILLINGS

Rich Chocolate Filling

5 egg yolks
½ cup sugar
2 tablespoons cornstarch
2 cups milk
3 ounces Lowney's Premium Chocolate
2 tablespoons boiling water
¼ teaspoon salt
1 teaspoon vanilla

Melt chocolate; add hot water. Mix sugar and cornstarch, add yolks of eggs and milk, and cook in double boiler until mixture thickens, stirring constantly. Add flavoring, salt, and chocolate mixture.

Simple Chocolate Filling

4 ounces Lowney's Premium Chocolate
3 tablespoons milk
¾ cup sugar
2 teaspoons butter
1 egg
¼ teaspoon salt
1 teaspoon vanilla, or 1 tablespoon wine

Melt chocolate, add remaining ingredients except flavoring, and cook in double boiler until it thickens, stirring constantly. Cool and add flavoring.

One cup chopped nuts or one cup shredded cocoanut or one cup mixed fruit may be added to this filling.

Cocoa Nougat Filling

1 cup sugar
⅓ cup water
⅛ teaspoon cream of tartar
1 teaspoon flavoring
⅛ teaspoon salt
1 egg white
1 cup nut meats, cut very fine
¼ cup Lowney's Cocoa
3 tablespoons powdered sugar
1 egg yolk
½ cup heavy cream

Mix nut meats, egg yolk and powdered sugar; add cream beaten until stiff. Boil sugar and hot water until a thread is formed. Pour sugar mixture on to slightly beaten white of egg; add cream of tartar and flavoring, and beat until thick enough to spread. Add nut mixture, beat well, and spread over cakes.

NOTE. — If this mixture becomes too thick, it may be thinned by adding a small quantity of hot water.

Caramel Filling

1 cup cream
¾ cup sugar
2 tablespoons butter
6 tablespoons caramelized sugar
1 teaspoon vanilla

Cook butter, sugar and cream together until it threads. Add caramelized sugar and flavoring. Cool and fill.

Cocoanut Filling

1 cup milk
1 tablespoon butter
2 egg yolks
1 cup powdered sugar
2 tablespoons cornstarch
1 cup grated cocoanut
juice and rind 1 lemon

Mix cornstarch, sugar and egg yolks; add milk, butter, and cook twenty minutes, stirring occasionally; add lemon rind, juice and cocoanut.

Coffee Filling

Use rule for Cocoanut Filling, substituting one half cup black coffee for cocoanut, omitting lemon, and cooking after addition of coffee until mixture thickens.

Cream Filling

1 cup sugar
¼ cup cornstarch
1 tablespoon butter
2 eggs
1½ cups milk
⅛ teaspoon salt
1 teaspoon flavoring

Mix cornstarch, sugar and eggs; add milk and butter; cook in double boiler twenty minutes, stirring constantly. Cool, add salt, flavoring, and spread between cakes.

Curaçoa Filling

Use rule for Cream Filling, adding one tablespoon orange curaçoa.

Date Filling

2 cups dates
½ cup beaten cream
2 tablespoons lemon juice
½ cup powdered sugar

Remove stones and cut dates in small pieces; add remaining ingredients and spread between cakes.

Fig Filling

2 cups figs, chopped
½ cup sugar
⅓ cup boiling water
2 tablespoons lemon juice
1 tablespoon butter
few grains salt

Cook ingredients in double boiler until of consistency to spread.

Date and Almond Filling

1 cup sugar
2 egg whites
⅓ cup thin cream
1 cup chopped dates
½ cup chopped almonds

Boil sugar and cream until it threads. Pour on to the whites of eggs; add chopped dates and almonds. Cool and use for filling.

Maple Filling

1 cup maple sirup
¼ cup beaten cream
1 egg white
few grains salt

Boil sirup until it threads; pour on to the beaten white; add cream, salt, and beat until thick enough to spread.

Marshmallow Filling

½ pound marshmallows
1 egg white

Melt marshmallows in top of double boiler; when liquefied, pour on to the beaten white, beat until thick.

Lemon Filling

2 egg whites
2 tablespoons boiling water
1 cup powdered sugar
1 teaspoon cold water
2 teaspoons gelatine
2 tablespoons lemon juice
grated rind 1 lemon

Cover gelatine with cold water; dissolve in boiling water; add to beaten whites with sugar, rind and juice.

Nougat Filling

Boiled frosting
1 cup chopped nut meats
1 egg
¼ cup powdered sugar
¼ cup cream

Beat egg; add powdered sugar, beaten cream and nut meats; add mixture to Boiled Frosting. Beat until thick enough to spread.

Nut and Raisin Filling

1 cup raisins
1 cup chopped nuts
1 egg white
2 tablespoons lemon juice
½ teaspoon salt
½ cup powdered sugar

Seed raisins and chop until fine; add chopped nuts. Beat egg until stiff; add sugar, nuts, raisins and lemon juice.

Orange Filling

Cream Filling
juice and rind 1 orange
1 tablespoon lemon juice
1 teaspoon butter
½ cup orange pulp

Mix fruit juice and grated rind, butter, Cream Filling and orange pulp. Spread on cake.

Fudge Filling

2 cups sugar
2 cups rich milk
4 squares chocolate
4 tablespoons butter
1 teaspoon vanilla

Mix all ingredients and let stand on back of range until mixture liquefies. Boil until a soft ball is formed. Beat until creamy. Spread between cakes.

Nut Fudge Filling

Add one cup chopped nuts to Fudge Filling.

Tutti-frutti Fudge Filling

Add one and one half cups chopped nuts and candied fruits to Fudge Filling.

Marshmallow Fudge Filling

Melt one half pound marshmallows in double boiler and add to Fudge Filling.

Peach Filling

1 cup beaten cream
1 cup powdered sugar
1 cup peach pulp
2 tablespoons lemon juice
few grains salt

Mix ingredients, spread between cake.

Pineapple Filling

1 cup grated pineapple
1 tablespoon orange rind
2 tablespoons lemon juice
sugar

Mix pineapple, fruit juice and rind, and enough confectioner's sugar to make of consistency to spread.

CHAPTER XV

FROZEN DISHES

FROZEN DESSERTS

Directions for Freezing

SELECT a reliable freezer and one which runs easily. Keep the gearing well oiled.

Adjust the freezing can in the freezer, making sure that all parts fit and that the crank turns readily. Place ice in bag made of ticking or strong sacking, and with a wooden mallet, pound until very fine. Surround the freezing can with ice and rock salt, using three measures of ice and one of salt, for ice cream and sherbets; two measures of ice and one of salt for sorbets, frappés, etc.; equal measures of ice and of salt for molding and for freezing mousses, bombes, and parfaits.

For freezing ice cream, when the freezing can is cold, pour in mixture to be frozen, let stand five minutes, then turn the crank slowly for eight or ten minutes, then more rapidly until mixture is frozen. Remove dasher, scrape cream from sides of freezing can to the middle and press down so as to have the cream one solid mass; let stand to season, or if to be molded, pack in the mold.

A one-pound baking powder can makes an excellent mold if one has no brick mold.

Directions for Molding

Have the mold chilled; press the frozen mixture well into the sides and bottom of mold, packing solidly until overflowing; put on cover, making sure that it fits securely; if in doubt, brush with lard or butter. Tie on cover and immerse in ice and salt, using equal parts of each; let stand one to three hours, depending upon degree of hardness desired. Mousses and parfaits are put directly into the mold, filled to overflowing, covered according to directions, and allowed to stand from four to six hours in ice and salt.

Frozen desserts are divided into:—

Philadelphia ice cream, which is cream sweetened, flavored, and stirred in freezer while freezing; plain ice cream, a custard of different degrees of richness, with or without cream, and stirred while freezing.

Mousses, parfaits and biscuits are made with and without eggs, with beaten or whipped cream, and frozen without stirring.

Water ices are divided into sherbets, frappés, and punch, all stirred while freezing.

Bombes are combinations of ice cream and sherbet, or sherbet and charlotte russe mixture.

Chocolate Fig Ice Cream

4 ounces Lowney's Premium Chocolate
4 cups cream
¾ cup sugar
1 tablespoon vanilla
½ teaspoon salt
1½ cups finely chopped figs

Melt chocolate, add sugar and one half cup cream, cook until smooth, add remaining ingredients, and freeze, stirring occasionally while freezing to keep figs from settling to the bottom.

NOTE.— If figs are soaked in wine, the flavor of the cream is much better, and there is less liability of the figs being lumpy.

Chocolate Philadelphia Ice Cream

2 ounces Lowney's Premium Chocolate, or
½ cup Lowney's Cocoa
¼ cup hot water
1 cup sugar
4 cups light cream
¼ teaspoon salt
1 teaspoon vanilla

Melt chocolate, add remaining ingredients, and freeze.

Chocolate Junket Ice Cream

4 squares Lowney's Premium Chocolate
2 cups cream
3 cups milk
1 junket tablet
1 tablespoon cold water
1 tablespoon vanilla
1¼ cups sugar

Scald milk; add melted chocolate and sugar; cook three minutes; cool. When lukewarm, add junket tablet which has been dissolved in cold water. Add cream and freeze.

Two squares of chocolate give a very delicately flavored cream.

Cocoa Frappé

4 cups milk
3 squares Lowney's Premium Chocolate, or
½ cup Lowney's Cocoa
½ cup sugar
½ tablespoon arrowroot
1 teaspoon vanilla
1 tablespoon sherry wine
⅛ teaspoon salt
1 inch stick cinnamon

Mix chocolate, cinnamon, sugar, salt, arrowroot; add milk; cook ten minutes; add vanilla, sherry, and freeze. Serve in frappé glasses, and garnish with cream flavored and beaten, and candied cherries.

Three cups of milk and one cup strong coffee may be used instead of all milk. See colored illustration, Plate XII, opposite p. 263.

Chocolate Ice Cream No. 1

4 cups cream
6 egg yolks
1½ cups sugar
4 ounces Lowney's Premium Chocolate
½ teaspoon salt
1 teaspoon vanilla

Scald one cup of cream; add to melted chocolate and cook three minutes, or until mixture is smooth and glossy; add sugar, salt, vanilla, and the remaining three cups of cream which has been beaten stiff. When well blended, add beaten yolks of eggs. Freeze.

Chocolate Ice Cream No. 2

2 ounces Lowney's Premium Chocolate
2 tablespoons sugar
2 tablespoons hot water
1 pint cream
2 eggs
½ cup flour
2 cups milk
1 cup sugar
¼ teaspoon salt

Beat eggs; add flour, one cup sugar, and milk; cook in double boiler twenty minutes. Melt chocolate; add sugar, boiling water; cook until glossy, then add to egg mixture; cool; add cream, salt, and freeze.

French Ice Cream

2 cups milk
2 cups cream
1 cup sugar
4 to 6 egg yolks
1 tablespoon vanilla
¼ teaspoon salt

Make a soft custard of milk, sugar and yolks of eggs. When cool, add cream whipped, salt and flavoring. Freeze.

Philadelphia Ice Cream

4 cups light cream, or
3 cups heavy cream and one cup milk
1 cup sugar
1 tablespoon flavoring
¼ teaspoon salt

Mix the ingredients and freeze without cooking.

Brown Bread Ice Cream

Add to French Ice Cream one cup brown bread crumbs dried. Freeze.

Banana Ice Cream

Add the pulp of four bananas and two tablespoons lemon juice to Philadelphia Ice Cream. Freeze.

Cocoa Nut Ice Cream

2 eggs
1¼ cups sugar
½ cup flour
2 cups milk
½ cup Lowney's Cocoa
½ teaspoon salt
1 cup walnuts
2 cups cream

Mix cocoa, flour, sugar and salt; add eggs slightly beaten. When well blended, add scalded milk. Cook in double boiler, stirring constantly, twenty minutes. Add nuts finely chopped, flavoring and cream. Freeze.

Burnt Almond Ice Cream

Blanch and chop one cup almonds. Caramelize four tablespoons sugar; add chopped almonds. When cold, pound to a powder. Add to French Ice Cream with one teaspoon almond extract. Freeze.

Caramel Ice Cream

Add to French Ice Cream, one cup of caramelized sugar. Cool and freeze.

Coffee Ice Cream

Add one cup black coffee to French or Philadelphia Ice Cream. Freeze.

Ginger Ice Cream

Add one cup preserved ginger chopped fine, two tablespoons lemon juice, and three tablespoons ginger sirup to Philadelphia or French Ice Cream. Freeze.

Macaroon Ice Cream

Add one cup dried and pounded macaroons to French or Philadelphia Ice Cream; flavor with one half teaspoon almond extract, one tablespoon sherry, and one half teaspoon vanilla. Freeze.

Cocoa Ice Cream

2 cups milk
1 cup sugar
1 tablespoon cornstarch or arrowroot
4 egg yolks
2 cups cream, or
2 cups milk and
2 tablespoons butter
¼ to ½ cup Lowney's Cocoa
1 teaspoon vanilla
¼ teaspoon salt

Mix cocoa, sugar and cornstarch or arrowroot; add scalded milk, and cook twenty minutes in double boiler. Beat eggs; add cream, or milk and butter; pour on to this mixture, cornstarch mixture. Add vanilla and freeze.

One cup raspberry juice added just before freezing gives a pleasant variety. See colored illustration, Plate XVII, opposite.

Chocolate Mousse No. 1

3 ounces Lowney's Premium Chocolate
1½ cups sugar
1 cup thin cream
¼ cup cold water
1 teaspoon vanilla
¼ teaspoon salt
whip from 3 cups cream
1 tablespoon granulated gelatine

Melt chocolate; add sugar and one cup cream; boil one minute. Mix gelatine with cold water, add to boiling mixture; when cool, add flavoring, salt and whip from cream. Pour into mold, pack in equal parts of ice and salt, let stand four hours. See colored illustration, Plate XVIII, opposite.

Frozen Chocolate

4 squares Lowney's Premium Chocolate
⅓ cup sugar
1 cup boiling water
3 cups scalded milk
½ teaspoon vanilla
¼ teaspoon salt

Melt chocolate; add sugar, salt and boiling water; cook five minutes; add scalded milk and flavoring; when cool, freeze. Serve with cream sweetened and flavored, either plain or whipped.

COCOA ICE CREAM

Plate XVII. For Receipt see page 298

CHOCOLATE MOUSSE

Plate XVIII. For Receipt see page 298

FROZEN CHOCOLATE SOUFFLÉ
Plate XIX. For Receipt see page 299

VANILLA ICE CREAM WITH CHOCOLATE SAUCE
Plate XX. For Receipt see pages 247 and 299

Frozen Chocolate Soufflé

2 egg yolks
rind and juice of 1 lemon
4 tablespoons sherry wine
½ cup sugar
¼ teaspoon salt
2 egg whites
2 ounces Lowney's Premium Chocolate, melted
½ cup cream

Cook first five ingredients until mixture thickens; add beaten whites, chocolate, and cream beaten until thick. Pour into serving dish, and pack in equal parts of ice and salt. Let stand three hours.

A very good way is to put serving dish in lard pail, then surround pail with equal parts of ice and salt.

See colored illustration, Plate XIX, opposite.

Plain Ice Cream

4 cups milk
1 cup sugar
3 eggs
1 tablespoon vanilla
⅛ teaspoon salt

Prepare as for Soft Custard.

This is the simplest and cheapest ice cream made. One pint of cream added is an improvement.

Freeze according to directions for freezing. See colored illustration, Plate XX, opposite.

Cocoa Macaroon Ice Cream

Make a cream the same as for Cocoa Nut Cream, except omit the nuts. Brown in the oven two dozen macaroons. Crumb in meat chopper; add macaroon crumbs and ¼ cup sherry to cream mixture. Freeze.

Cocoa Cocoanut Cream

Make a cream the same as for Cocoa Nut Cream, except omit the nuts, and add one cup of shredded cocoanut and the rind and juice of one lemon. Freeze.

Maple Ice Cream

Add one cup maple sirup to French or Philadelphia Ice Cream. Freeze and serve with Maple Sauce.

Nougat Ice Cream

Add one half cup each of chopped walnuts, almonds, and filberts, to French or Philadelphia Ice Cream. Flavor with one teaspoon vanilla and one teaspoon almond. Freeze.

Orange Ice Cream

Add one cup orange juice and one half cup orange pulp to Philadelphia Ice Cream. Flavor with one teaspoon vanilla and one tablespoon lemon juice. Freeze.

Peach Ice Cream

Add two cups stewed and strained peaches to Philadelphia Ice Cream. Flavor with one teaspoon lemon juice. Freeze.

Pineapple Ice Cream

Add two cups pineapple juice and pulp to French or Philadelphia Ice Cream. Freeze.

Pistachio Ice Cream

Mix one half cup Pistachio nuts chopped fine, and one cup almonds chopped fine with Philadelphia Ice Cream. Color a delicate green and flavor with one teaspoon almond. Freeze.

Plum Pudding Ice Cream

To Philadelphia Ice Cream add one cup dried and pounded Plum Pudding. Flavor with one tablespoon brandy. Freeze.

Strawberry Ice Cream

Add two cups strawberry juice and pulp to Philadelphia Ice Cream. Freeze, and serve with Strawberry Sauce.

Wine Ice Cream

Add two tablespoons sherry or Madeira to Philadelphia Ice Cream. Freeze.

Coffee Mousse

1 pint cream
½ cup powdered sugar
1 cup black coffee
¼ teaspoon salt

Whip the cream, add sugar and coffee, turn mixture into a mold, pack in ice and salt, and let stand five hours.

Chocolate Mousse No. 2

Substitute four ounces melted chocolate for coffee in Coffee Mousse, pour into mold, pack in ice and salt, and let stand four hours.

Strawberry Mousse

Substitute two cups mashed berries for coffee, and proceed as for Coffee Mousse.

Fruit Mousses

Mix two cups of any fruit pulp, with powdered sugar to sweeten, with the whip from one pint cream. A small amount of lemon juice brings out the flavor of other fruits. Mold. Pack and let stand in ice and salt four hours.

Silver Parfait

1 cup sugar
1 cup water
3 egg whites
1 pint cream
flavoring

Boil sugar and water until it threads. Pour on to the beaten whites of eggs, add the whip from cream, flavoring, pack in ice and salt, and let stand four hours.

Cocoa Parfait

1 cup sugar
½ cup boiling water
4 tablespoons Lowney's Cocoa
¼ teaspoon salt
4 egg yolks
2 teaspoons vanilla
2 cups cream

Boil sugar and water together ten minutes; pour sirup on to cocoa which has been beaten with the egg yolks; cook over hot water until of the consistency of soft custard. Beat until cold; add the cream which has been beaten until stiff, vanilla, and salt. Turn into mold, cover, and pack in equal measures of finely crushed ice and rock salt. Let stand four hours. Remove from mold and garnish with cream, sweetened and flavored, and press through the pastry bag.

The parfait may be served in champagne glasses and garnished with beaten cream and candied cherries. See colored illustration, Plate XI, p. 263.

Golden Parfait

1 cup sugar
½ cup water
6 egg yolks
1 pint cream

Cook sugar and water five minutes. Pour slowly on to the beaten egg yolks, add whip from cream, turn into mold and pack in ice and salt, and let stand four hours.

Café Parfait

Add one fourth cup black coffee to Golden Parfait and freeze as Golden Parfait.

Maple Parfait

Substitute maple sirup for boiled sugar and water in Golden Parfait. Mold, pack in ice and salt four hours, and serve with chopped browned almonds.

Nesselrode Pudding

To Golden Parfait add one cup boiled chestnuts mashed, one cup candied fruit soaked in wine, one cup chopped pineapple. Flavor with one teaspoon vanilla, one tablespoon sherry. Freeze, pack, mold, and serve with Rum Sauce.

Biscuit Tortoni

Mix one cup pounded macaroons, two tablespoons sherry, two tablespoons caramelized sugar pounded, with Golden Parfait. Pack in paper boxes, pack boxes in pail, and pack pail in equal parts ice and salt, for four hours. Serve in boxes, sprinkle with brown chopped almonds.

Biscuit Glacé

Add two tablespoons maraschino, two tablespoons sherry, to Golden Parfait. Fill paper boxes, pack boxes in pail, pack pail in ice and salt, and let stand in ice and salt four hours.

Soufflé Glacé

1 cup cream
1 tablespoon grated lemon rind
4 eggs
1 cup sugar
½ cup wine
1 tablespoon lemon juice
⅛ teaspoon salt

Mix yolks of eggs, lemon juice, rind, sugar and salt. Cook until thick. Cool; add beaten whites and cream beaten until stiff. Add wine, fill paper cases, pack cases in pail, and pack pail in ice and salt four hours.

Plain Water Ice

2 cups water
1 cup sugar
4 egg whites
flavoring

Boil sugar and water; beat until cold. Add egg whites beaten until stiff and flavoring. Freeze.

Lemon Water Ice

Add the grated rind of one lemon and the juice of three lemons to Water Ice. Freeze.

Orange Water Ice

Add rind of one orange, one half cup orange juice, two tablespoons lemon juice, to Plain Water Ice.

Pineapple Water Ice

Add two cups pineapple chopped and pressed through a sieve, with two tablespoons lemon juice, to Plain Water Ice.

Lemon Sherbet

The same as Water Ice, omitting the whites of eggs. All fruit sherbets made in the same way.

Strawberry Bombe Glacé

Line a mold with Strawberry Ice Cream, fill with Pineapple Water Ice. Pack in ice and salt four hours. Serve with Strawberry Sauce.

Raspberry Bombe Glacé

Line a mold with Raspberry Water Ice. Fill with Vanilla Ice Cream, or whipped cream sweetened and flavored. Pack in ice and salt four hours.

Sultana Roll

Line sultana roll molds, or one-pound baking powder boxes, with Pistachio Ice Cream. Sprinkle with candied fruit which has been soaked in brandy over night, and fill with Vanilla Ice Cream or with Silver Parfait, or beaten cream sweetened and flavored. Pack in ice and salt four hours. Serve with Claret Sauce.

Lalla Rookh

Use rule for Philadelphia Ice Cream. When frozen add one cup Jamaica rum. Serve in glasses.

Café Frappé

3 cups coffee
1 cup sugar
1 cup cream
¼ teaspoon salt

Freeze to consistency of mush. Serve in frappé glasses with whipped cream on top.

Orange Frappé

1 cup sugar
2 cups water
1 cup orange juice
pulp of four oranges
4 tablespoons lemon juice

Boil sugar and water five minutes, add other ingredients, and freeze to a mush. Serve with orange sirup and sprinkle with candied orange peel, finely chopped.

Grape Frappé

Substitute one cup grape juice for orange juice, and freeze to a mush.

CHAPTER XVI

BEVERAGES

French Chocolate

2 squares Lowney's Premium Chocolate
½ cup boiling water
⅛ teaspoon salt
3 cups milk scalded
¼ cup ground coffee
2 tablespoons sugar
2 tablespoons brandy

Melt two squares Lowney's Premium Chocolate, add sugar and boiling water, boil two minutes. Scald the milk with coffee, strain, and add to chocolate with salt and brandy. Beat with Dover egg beater and serve with beaten cream.

Plain Chocolate

2 squares Lowney's Premium Chocolate
4 tablespoons sugar
3 cups scalded milk
1 cup boiling water
salt

Melt two squares Lowney's Premium Chocolate, add sugar, salt and boiling water; boil two minutes, add scalded milk and beat with Dover egg beater to prevent scum from forming. Serve very hot.

Emergency Chocolate

2 teaspoons Lowney's Always Ready Chocolate Powder
¼ cup boiling water
1 cup scalded milk
salt

Mix two teaspoons Lowney's Always Ready Chocolate Powder with boiling water; boil three minutes, stirring all the time; add scalded milk and cook in double boiler ten minutes; add a few grains of salt and more sugar if

needed; beat and serve. This may be made without cooking so long.

Condensed Milk Chocolate

3 squares Lowney's Premium Chocolate
4 tablespoons sugar
3 cups boiling water
½ can condensed milk
⅛ teaspoon salt

Melt chocolate; add sugar, salt, and boiling water in which has been mixed the condensed milk. Boil five minutes. If condensed milk has been sweetened, omit sugar.

Cocoa for Fifty People

1½ cups Lowney's Cocoa
1 quart cold water
2 quarts boiling water
6 quarts scalded milk
¾ cup sugar
2 teaspoons salt

Mix cocoa, sugar and salt. Add cold water, then boiling water, boil five minutes, add to scalded milk. Beat well with Dover egg beater and serve.

Chocolate for Fifty People

1 pound Lowney's Chocolate
2 quarts boiling water
¾ pound sugar
6 quarts scalded milk
½ tablespoon salt
1 tablespoon vanilla

Melt chocolate over hot water, add sugar and water, boil ten minutes. Add salt and scalded milk, beat well. Add vanilla and serve with whipped cream.

Brandy Cocoa

4 tablespoons Lowney's Breakfast Cocoa
4 tablespoons sugar
1 tablespoon brandy
¼ cup boiling water
4 cups scalded milk
⅛ teaspoon salt

Mix four tablespoons Lowney's Breakfast Cocoa, four tablespoons sugar, and one fourth cup boiling water; when smooth, add four cups scalded milk and cook in double boiler twenty minutes; add one tablespoon brandy and salt; beat and serve; garnish with beaten cream.

Breakfast Cocoa

2 tablespoons Lowney's Breakfast Cocoa
2 cups milk
2 tablespoons sugar
2 cups boiling water
⅛ teaspoon salt

Mix two tablespoons Lowney's Breakfast Cocoa, two tablespoons sugar, one eighth teaspoon salt; add two cups boiling water gradually; when smooth, boil five minutes; add two cups scalded milk, beat with a Dover egg beater until frothy.

Breakfast Cocoa with Condensed Milk

4 tablespoons Lowney's Breakfast Cocoa
2½ cups boiling water
½ cup condensed milk
few grains salt

Mix four tablespoons Lowney's Breakfast Cocoa with one cup boiling water; boil two minutes; add one and one half cups boiling water which has been mixed with one half cup condensed milk and a few grains salt; bring to the boiling point and serve with or without whipped cream.

If condensed milk has not been sweetened, add two tablespoons of sugar to the cocoa.

Tea

freshly boiled water
1 teaspoon tea for each cup

Scald an agate-ware teapot; put in as many teaspoons tea as cups required. Cover with as many cups of boiling water as there are teaspoons of tea. Serve immediately.

Russian Tea

Prepare tea, serving a thin slice of lemon and sugar with each cup.

Tea Punch

Prepare tea as for Russian Tea and serve with a thin slice of lemon and lump sugar soaked in brandy.

Iced Tea

Make tea. Serve in glasses with crushed ice, with one tablespoon lemon juice in each glass.

Boiled Coffee No. 1

1 cup freshly ground coffee
1 whole egg or one egg white
1 cup cold water
6 cups boiling water

Mix coffee, egg and one half cup cold water, add boiling water, boil hard five minutes. Set on back part of range, add other half cup of cold water, let stand five minutes, and serve with hot milk, cream and sugar.

Coffee No. 2

Use rule for Boiled Coffee, using six cups cold water instead of boiling water.

Coffee No. 3

1 cup coffee
6 cups cold water

Put coffee in cheese cloth bag. Tie, allowing room for coffee to swell. Place in scalded coffee pot, cover with cold water, and boil ten minutes. Remove bag, let stand two minutes on back of range, and serve with hot milk, sugar and cream.

French Coffee

1 cup very finely ground or powdered coffee
6 cups boiling water

Place coffee in strainer, add boiling water gradually, and refilter, if liked very strong.

Iced Coffee

Add hot milk to black coffee, flavor with vanilla, and sweeten to taste. Chill; serve in glasses with a tablespoon of chopped ice in each glass.

Black Coffee

Allow two tablespoons of coffee for each cup of boiling water. Always make in French coffee pot.

After Dinner Coffee

1 cup coffe
½ ounce chicory
1 egg slightly beaten
4 cups boiling water
¼ cup cold water

Mix coffee, chicory, egg and cold water, add boiling water and boil five minutes; let stand five minutes on back of range where it will keep hot. Serve without sugar or cream.

These same ingredients may be used in the French coffee pot, and the liquid may be poured through the coffee until the required strength is obtained.

FRUIT BEVERAGES

Claret Cup

1 pint claret
1 cup curaçoa
1 cup soda water
1 cup sherry
1 slice cucumber
juice of one orange
sugar to taste

Champagne Cup

2 cups champagne
2 cups soda water
1 bunch mint
1 cup sherry
juice and rind one orange
2 cups Apollinaris
ice
1 tablespoon powdered sugar
1 slice cucumber
juice of one half lemon

Cider Cup

2 cups cider
1 cup sherry
½ cup brandy
large piece ice
rind of one lemon
1 slice cucumber
few gratings nutmeg
sugar

Lemonade

Boil two cups of sugar and four cups water until a rich sirup is formed. Add one cup lemon juice. Dilute with ice water.

Orangeade

2 cups sugar
2 cups water
$\frac{1}{3}$ cup lemon juice
cup orange juice
2 oranges sliced

Make the same as Lemonade.

Fruit Punch

Sufficient to serve twenty-five persons.

4 cups sugar
8 cups water
2 quarts Apollinaris
1 pineapple shredded
1 cup fruit juice
1 box strawberries hulled and cut in pieces
4 bananas cut in slices
juice of 6 oranges
juice of 3 lemons

Boil sugar and water five minutes; add fruit, ice, Apollinaris, and water to make the punch right strength. One cup maraschino cherries may be added.

Currant Punch

4 cups currant juice
4 cups sugar
12 cups water
6 lemons
6 oranges
2 cups tea

Boil sugar and water five minutes; add tea, juice, lemons and oranges sliced, and a large piece of ice.

Milk Punch

1 cup milk
1 teaspoon sugar
4 teaspoons of sherry, brandy or Madeira
few gratings nutmeg

Put two lumps of ice in glass; add sugar, milk and wine; shake, strain, and add nutmeg.

Mint Julep No. 1

1 bunch mint
2 cups ice water
juice lemons
2 cups sugar
4 cups water

Chop mint; add ice water; let stand over night. Boil sugar and water; chill; add lemon juice and mint water. Serve with crushed ice; garnish with mint leaves.

Mint Julep No. 2

Put three sprigs mint with one half teaspoon orange bitters in a glass; add one sherry glass Vermouth and one half cup whisky; shake well; add one half cup crushed ice, stir to crush the mint. Add two slices orange, two or three strawberries, and a few sprigs of mint. Add more ice and serve when the outside of the glass is frosted.

Mulled Wine

2 cups water
16 cloves
3 eggs
2 tablespoons sugar
2 cups wine
1 tablespoon lemon juice

Boil cloves and water ten minutes. Beat yolks and sugar together; add water, wine, lemon juice, and stiffly beaten whites. Serve hot.

CHAPTER XVII

FRUITS AND NUTS AND CANDY

Fruits and Nuts

Fruit is especially wholesome, although not nutritious. The best time to eat fruit is in the morning. Most fruits are improved in flavor by being chilled.

A dish of different fruits attractively arranged makes a very acceptable center piece.

To prepare Fruit for the Table

Apples should be washed and wiped dry. Berries should be looked over very carefully, and, if dirty, washed by putting in a colander and allowing cold water to run gently over them, or place the colander in a bowl of cold water and raise up and down several times, then drain thoroughly and chill before serving.

Cherries should be looked over, and served with their stems on.

Bananas should be wiped and chilled.

Currants should be washed and drained, and served on the stem.

Figs, if the dried ones, should be washed, drained, and chilled.

Grape fruit should be cut in halves, the pulp loosened from the skin, and the pith cut out, then chilled ; it may be served plain, or sugar and wine may be poured over it just before chilling. Serve one half grape fruit to each person.

Grapes should be washed if dirty, but the bloom is then

lost ; if picked on one's own vines, it may not be necessary to wash them ; but when bought in the market, it is better to wash and drain, and chill them.

Peaches and plums should be wiped with a soft cloth, and chilled before serving.

Quinces are never served raw.

Strawberries are often served with their hulls on around a mound of sugar ; but if they are to be served with sugar and cream, of course they must be hulled and chilled.

Oranges may be chilled and served in the natural state ; or prepared the same as grape fruit, and one half served to each person ; or peeled and the sections almost, but not quite, separated ; or the orange may be cut in the shape of a basket, the pulp removed, the membrane cut off, and the basket refilled with the pulp, which may be sweetened or not.

Pineapples may be served in various ways ; perhaps the most popular way is to cut off a slice from the top of the pineapple, then scoop out the center with a fork, and return pulp to pineapple, put on cover, chill, and serve.

Pineapples may be cut in slices, the outer skin be removed, and the tough pith taken out, then serve one or two slices to each person.

If the pineapples are not fully ripe, it is better to remove the skin, pull the pulp in pieces with a fork, then cover with sugar, and chill over night.

Pears should be carefully wiped and chilled before serving.

Melons should be thoroughly chilled. Cantaloupes should be cut in halves, have the seeds removed, and be served one half to a person. Watermelons should be cut in halves, then each half cut in pie-shaped pieces ; serve one piece to a person.

Nuts are ordinarily served only at dinner. Hard-shelled

nuts should be cracked, served in the shell, or without the shell.

Almonds are cracked, and a portion of the shell discarded, or they may be blanched and salted, and served with the bonbons.

Pecans, filberts, peanuts and walnuts are treated in the same way as almonds.

Castañas or Brazilian nuts are cracked and served in the shell.

CANDY

Butter Scotch No. 1

3 cups brown sugar
¾ cup water
2 tablespoons butter
⅛ teaspoon soda
1 teaspoon flavoring
few grains salt

Boil all ingredients until a thread is formed when dropped from a spoon. Pour into hot buttered pans, crease, and let stand until hard.

Butter Scotch No. 2

1 cup brown sugar
1 cup molasses
⅓ cup butter
⅛ teaspoon soda
1 tablespoon vinegar
few grains salt

Cook in the same way as Butter Scotch No. 1.

Butter Taffy

1 cup molasses
1 cup sugar
⅔ cup butter
⅔ cup milk
1 tablespoon vanilla
few grains salt

Cook all ingredients until brittle when tried in cold water. Pour into hot buttered pans, crease, and cool.

Cream Candy

2 cups sugar
1 cup water
1 teaspoon cream of tartar
1 teaspoon vanilla

Cook sugar, water and cream of tartar until brittle when tried in cold water; add vanilla; pour on to greased platter or marble. Pull as soon as it can be handled.

Cocoanut Candy

2 cups sugar
½ cup cream
2 tablespoons butter
1 cup cocoanut

Cook sugar and cream twelve minutes; add butter and cocoanut. Pour into greased pans, crease, and cool.

Buttercups

2 cups molasses
2 tablespoons butter
1 cup brown sugar
½ cup boiling water

Cook all ingredients until brittle when tried in cold water. Pour on to hot buttered platter; pull when cool enough to handle; shape in a sheet two inches wide, cover with a layer of fondant, then with a layer of molasses candy, press together and cut in inch pieces.

Molasses Candy

2 cups molasses
2 cups brown sugar
⅓ cup vinegar
1 cup water
2 tablespoons butter
salt

Boil ingredients until brittle when tried in cold water. Pour into hot buttered pan; pull when cool enough to handle.

Maple Sugar Candy

1 cup maple sugar
½ cup water
1 tablespoon butter
salt
flavoring

Boil until brittle, pour into greased pan, crease, and cool. One cup nut meats may be added just before pouring into pans.

Peanut Brittle

2 cups sugar 2 cups shelled peanuts

Melt sugar; when a golden brown, add chopped nuts; pour into hot buttered pan, crease, and cool.

CHAPTER XVIII

PRESERVING

CANNING AND PRESERVING

CANNED fruits are now more popular with most people than preserved fruits.

The expense in preparing them is less, and the natural flavor is retained.

To prepare fruit for canning, look over carefully, reject imperfect fruit, and be sure that the fruit is clean.

The fruit may be cooked in a saucepan with just enough sugar to make it palatable and water to keep the fruit from burning, and transferred to sterile jars; or it may be put into sterile jars in the first place, and cooked by steam, — the latter method preserves the color and flavor better.

To sterilize jars, put jars into cold water, bring water to the boiling point, and boil ten minutes; fill jars with cooked fruit, and pour in sirup to overflowing; adjust rubbers and covers. Invert and let stand on folded cloth until cold; if there are no air bubbles, place jars in a cool dark closet to keep. If air bubbles are present, take off cover, reheat, and add more hot sirup and proceed as before.

Canned Apples

4 pounds apples	2 pints water
1 pound sugar	juice and rind of 2 lemons

Pare and core the apples; cover with cold water. Boil sugar and water five minutes; add apples and simmer until tender; add lemon juice and rind; place apples in sterilized

jars; fill to overflowing with sirup; adjust rubbers and covers; set in a cool place until cool then keep in dark dry closet.

Canned Apples and Pineapple

4 pounds apples
4 pounds pineapple
2 pounds sugar
2 pints water
rind of 4 lemons

Pare, core, and cut the apples in rings. Cut pineapple in slices, remove skin and eyes, and cut pulp into squares, being careful to reject the core. Boil sugar and water five minutes; add pineapple; cook until tender; then cook apples until tender; add lemon rind; fill jars which have been sterilized with apple and pineapple, adjust rings, fill jars with sirup, adjust covers, seal.

Canned Blackberries

4 quarts blackberries
2 pints sugar

Place sugar and berries in preserving kettle, let stand several hours, then cook slowly until the boiling point is reached; boil five minutes; fill sterilized jars and seal.

Canned Blueberries

Blueberries are canned the same as Blackberries, allowing one half cup water for every four pounds of blueberries.

Canned Cherries

4 pounds cherries
1 to 2 pounds sugar

Stone the cherries or not as preferred. Place sugar and cherries in preserving kettle, let stand two hours. Cook until tender, fill sterilized jars, and seal.

Canned Currants

4 pounds currants
4 pounds sugar

Wash, stem, and cover currants with sugar; let stand in preserving kettle over night. Cook slowly until boiling point is reached, skim, fill sterilized jars, and seal.

Canned Gooseberries

4 pounds gooseberries 2 pounds sugar

Stem and wash gooseberries, cover with sugar, and let stand over night; if green, add one quarter cup water; bring quickly to boiling point, fill jars, and seal.

Canned Huckleberries

Huckleberries are canned in the same way as Blackberries.

Canned Peaches

4 pounds peaches 2 pounds sugar
1 pint water

Pare peaches and cook in sugar and water, either whole or in halves, until tender. Arrange in jars, fill with sirup, and seal.

Pears, pineapples, and plums are canned in the same way as peaches.

Canned Quinces

4 pounds quinces 2 pounds sugar
1 pint water

Cook sugar and water until sirupy. Pare and quarter quinces; let stand in cold water. Cook in boiling water until tender, then cook in sugar and water sirup five minutes. Arrange quinces in jars, fill with sirup, and seal.

Canned Quinces and Apples

4 pounds quinces 2 pounds sugar
2 pounds apples 1 quart water

Pare and quarter quinces and apples, let stand in cold water to prevent discoloration. Cook in boiling water until tender, then simmer in sugar and water sirup ten minutes. Arrange fruit in jars, fill with sirup, and seal.

Canned Raspberries

4 pounds raspberries 2 pounds sugar

Arrange berries and sugar in alternate layers in glass jars; set jars on trivet in large boiler two thirds full of water; cover and cook until the water in boiler boils vigorously. Remove jar; if berries have settled, refill from another jar, and seal.

Canned Strawberries

Prepare in the same way as Canned Raspberries.

Canned Beans

Prepare string beans as for boiling. Cook in water one half hour. Fill sterilized jars with beans, adjust rubbers, fill with cold water, and put on covers. Arrange on rack in boiler, fill boiler two thirds full with water, cover boiler, and boil hard two hours. Seal and remove jars.

Canned Corn

Cut fresh young corn from the cob. Pack sterilized jars to overflowing with corn. Seal, set on trivet in boiler, surround with cold water, and boil five or six hours, having boiler covered all of the time. Keep in dark, cool place.

Canned Peas

Cook shelled peas in boiling water one half hour. Fill sterilized jars with cooked peas, then pour in cold water until jar will hold no more. Set jars on trivet in boiler, surround jars with cold water, cover boiler, and boil four hours. Seal, and keep in cool place.

Canned Tomatoes

Remove skins from tomatoes; boil hard twenty minutes; fill sterilized jars, being careful to keep seeds away from rubbers. Seal, and keep in cool place.

Preserving

Equal weights or amounts of fruit and sugar are used in preserving.

Select perfect fruit, weigh or measure absolutely accurately, and always cook the fruit long enough to kill all life,—small fruits, one hour, and large fruits until thoroughly tender.

Preserved Apples

4 pounds apples
3 cups water
4 pounds sugar
rind and juice of 6 lemons

Wash, pare, and quarter apples; keep in water until ready to use. Cook sugar and water five minutes; add apples, cook until tender; add lemon juice and rind. Fill jars with apples, then with sirup, and seal.

Preserved Crab Apples

4 pounds crab apples
4 cups water
4 pounds sugar
juice of 4 lemons

Wash crab apples, and cook in sugar and water sirup until tender; add lemon juice, fill jars with fruit, then with sirup, and seal.

The fruit is much more attractive if the skin is left on, but may be removed if preferred.

Preserved Blackberries

4 pounds blackberries
4 pounds sugar

Look over berries and wash. Cover with sugar and let stand two hours. Simmer until the boiling point is reached, boil one minute; cool, bring to the boiling point again, boil one minute; fill jars first with fruit, then with juice, and seal.

Preserved strawberries, raspberries, thimbleberries, and gooseberries are prepared in the same way.

Preserved Cherries

4 pounds cherries 4 pounds sugar

Wash cherries; remove stems and stones. Cover cherries with sugar, let stand two hours; then set on stove, and bring slowly to the boiling point; cook until cherries are tender. Fill jars first with cherries, then with sirup; seal.

Preserved currants and huckleberries are prepared in the same way.

Preserved Citron

4 pounds citron 4 pounds sugar
4 cups water

Wash citron, cut in halves, remove seeds; cut each half into eighths, cover with salt, then with water; let stand over night, then drain. Cover with cold water, let stand over night. Drain, remove skin, and cook in sirup of sugar and water until citron is tender. Remove each piece carefully to a platter. When cool, fill jars with citron, and then with boiling sirup. Seal.

If the citron lacks flavor, the juice and rind of four lemons and a small piece of ginger root may be boiled with the sirup.

If the citron is placed in the jars while it is hot, the pieces will not keep their shape.

Preserved Peaches

4 pounds peaches 4 pounds sugar

Pare, cut in halves, and take out stones. Arrange peaches and sugar in layers in preserving kettle; let stand over night. In morning simmer until peaches are tender; fill jars with fruit, boil sirup five minutes, fill jars with sirup, and seal.

Preserved Pineapple

Prepare in the same way as Preserved Peaches.

Preserved Pears

4 pounds pears 4 pounds sugar
2 cups water

Wash, pare, and cut pears in halves. Put in cold water. Make a syrup of sugar and water; cook only enough pears to fill a jar at a time; when tender fill jars with fruit, then with sirup, and seal.

Preserved Apricots

Prepare in the same way as Preserved Pears.

Preserved Plums

4 pounds plums 4 pounds sugar
damsons or green gages or blue plums

Pick over and prick plums. Arrange alternate layers of plums and sugar in bowl, let stand over night; in the morning drain off sirup, boil, and skim; add plums and cook until tender. Cool plums on platter, fill jars with plums, then with boiling sirup, and seal.

Preserved Quinces

4 pounds quinces 4 pounds sugar
boiling water

Wash, wipe, pare, core, and cut quinces in quarters. Put in preserving kettle, cover with boiling water. Simmer until tender. Cool on platters. Mix sugar with one pint of water in which quinces have been cooked; boil ten minutes. Add quinces a few at a time, cover kettle, and cook slowly until quinces are of a rich red color. Fill jars with quinces, then with boiling sirup, and seal.

One half quinces and one half apples may be used in this receipt.

Preserved Green Tomatoes

4 quarts green tomatoes
4 lemons
4 pounds sugar
1 inch ginger root
½ cup cold water

Wash tomatoes and cut in slices; add sliced lemons, sugar, water and ginger root. Simmer two hours, cool, then simmer two hours more. Pour into jars and seal.

Preserved Ripe Tomatoes

Prepare in same manner as Preserved Green Tomatoes, except that the tomatoes must have skins removed before slicing them.

Brandied Peaches

4 pounds peaches
2 cups water
4 pounds sugar
2 cups brandy

Cut peaches in halves, remove stones, and cook in sugar and water sirup five minutes; take out, remove skins, and cook again in sirup five minutes. Remove kettle from range, and let peaches stand in sirup over night. In morning reheat, pack peaches in jars, and fill jars with an equal quantity of sirup and brandy. Seal.

Brandied Plums

Prepare in the same manner as Brandied Peaches, but prick plums with knitting needle several times before cooking.

Peach Butter

1 peck peaches
2 quarts cider boiled
2 tablespoons lemon juice
sugar

Pare and cut peaches in small pieces; add cider and lemon juice, boil until thick, stirring constantly; add sugar, if not sufficiently sweet. Fill jars and seal.

Grape Butter

4 pounds grapes
4 pounds sugar
3 cups vinegar
2 teaspoons each of cloves, nutmeg, cinnamon, and allspice

Cook all together until thick; press through a sieve to remove seeds. Fill glasses and seal.

Tutti-frutti

1 pound orange pulp
1 pound red currants
1 pound red cherries
1 pound bananas
1 pound pineapple
1 pound apples
1 pound raspberries
1 pound pears
1 pound plums
1 pound peaches
1 pound strawberries
1 pint alcohol
11 pounds sugar

Put the orange pulp into an earthen crock; add one pound sugar, and two tablespoons alcohol; add this same amount of sugar and alcohol every time a pound of fruit is added. Keep covered with a cloth and tight-fitting cover.

Apple or Crab Apple Jelly

Wash and wipe fruit. Remove stems; cut in pieces, put in preserving kettle, nearly cover with cold water; cook very slowly until apples are tender. Pour into jelly bag and drain thoroughly, but do not squeeze. Measure juice, allow one pound of sugar to every pint of juice. Boil juice twenty minutes; add sugar which has been heated on a platter in the oven; stir until sugar is dissolved; boil five minutes or until it jellies. Skim when necessary. Have jelly glasses standing in hot water; pour jelly into them; let stand until hard and cover first with paper or melted paraffine and the tin cover, or paste white paper over the glass. Keep all jellies in cool, dry dark place.

A rose geranium leaf cooked with the apples gives a pleasant flavor.

Blackberry Jelly

Mash blackberries and squeeze in jelly bag. Measure juice, allowing one pound of sugar to each pint of juice. Follow directions for Apple Jelly.

Damson, strawberry, cherry, and raspberry jellies are made in the same way.

Cranberry Jelly

4 cups cranberries
3 cups sugar
½ cup cold water

Wash cranberries, mash, add water, and boil twenty minutes. Press through sieve, add sugar, and cook three minutes. Pour into glass and cover.

Cucumber Jelly

6 cucumbers
1 quart water
1 ounce gelatine
1 small onion
salt and pepper
1 tablespoon vinegar

Pare the cucumbers and cut in small pieces. Peel the onion and slice. Cover onion and cucumber with cold water and cook until tender. Press through a sieve, add the gelatine and seasonings. Chill, and serve with Mayonnaise Dressing.

Currant Jelly

Wash and drain currants thoroughly. Do not remove stems. Mash a few in the bottom of the kettle. Cook until the juice seems to be extracted from the currants, and the currants look white. Press through a coarse colander, then drip through a jelly bag, but do not squeeze.

Allow one pound of sugar for each pint of juice. Boil juice twenty minutes. Add hot sugar and boil hard three

minutes; skim when necessary. Strain into hot glasses; let stand till stiff. Cover.

Currant and Raspberry Jelly

Use equal parts of currants and raspberries, and proceed as for Currant Jelly.

Barberry Jelly

Use two quarts of apples for every four quarts of barberries and just enough water to keep berries from burning. Follow directions for Currant Jelly.

Wild Grape Jelly

1 peck grapes
1 quart vinegar
4 sour apples
4 tablespoons whole cloves
¼ cup stick cinnamon
brown sugar

Remove stems from grapes, wash and crush, put in preserve kettle, add all ingredients, except sugar. Cook until mixture begins to look white. Strain through jelly bag. Measure juice, allow one pint of sugar for every pint of juice. Cook juice twenty minutes, add sugar, boil three minutes. Pour into glasses, cover when cold.

Grape Jelly

Remove stems from grapes. Mash; boil twenty minutes; strain, but do not squeeze; proceed as for Currant Jelly. Half ripe and half green grapes make the best jelly.

Mint Jelly

Follow receipt for Apple Jelly. Allow four sprigs of mint for every four quarts of fruit. When the juice has cooked twenty minutes, color with leaf green, add sugar, and proceed as with Apple Jelly.

Quince Jelly

Wipe and cut quinces in thin slices, and follow directions for Apple Jelly.

A delicious jelly is made by using one half quinces and one half Porter apples.

Apple Ginger

4 pounds sour apples
4 lemons
2 pounds sugar
1 ounce white ginger root

Pare, core, and chop apples; wash, remove seeds, and chop lemons; add sugar and ginger root, and cook very slowly six hours. Pour into glasses and cover.

Chipped Pears

4 pounds pears
½ pound Canton ginger
2 pounds sugar
4 lemons

Pare, core, and chip pears; wash lemons, remove seeds, and chop; add chopped ginger and sugar; cook very slowly four hours. Pour into glasses and cover.

Currant and Raspberry Preserve

4 pounds currants
4 pounds sugar
4 pounds raspberries

Remove stems from currants, mash, cook thirty minutes, and strain in jelly bag. Cook sugar and juice ten minutes, add raspberries, bring to the boiling point, fill jars first with berries, then with juice, and seal.

Apple Marmalade

Apples with considerable flavor are best for marmalade. Wash, core, and cut apples in slices; put in kettle, add enough water to keep apples from burning. Cook slowly until mushy, press through a sieve, add equal amounts of sugar and apples, and flavor with orange or lemon juice. Cook until water is evaporated; fill glasses, and cover.

All fruits may be made into marmalades by following the above directions. If the fruit lacks flavor, lemon juice, lemon rind, or ginger root may be cooked with the fruit.

Orange Marmalade No. 1

4 pounds oranges — 4 pounds sugar
boiling water

Peel oranges, cut peel in quarters, cover with boiling water, and cook until tender. Drain, scrape to remove white, and cut scraped peel in shreds. Slice oranges, rejecting seeds and stringy portions; add sugar, cook slowly forty minutes; add rind, cook two hours. Pour into jars or glasses. Seal, and keep in cool place.

Orange Marmalade No. 2

4 pounds oranges — 6 pounds sugar
6 lemons

Slice oranges and lemons in very thin slices, reject seeds, cover with sugar, and cook slowly until of a thick consistency, about two hours. Pour into jars or glasses. Seal, and keep in cool place.

Orange and Rhubarb Marmalade No. 1

5 pounds oranges — 5 pounds sugar
5 pounds rhubarb — 5 lemons
1 quart cold water

Wash oranges and lemons and slice in thin slices, remove seeds. Cover with cold water, and let stand two hours. Add rhubarb cut in one half inch pieces; cook one hour; add sugar and simmer three hours. Fill glasses, seal, and keep in cool place.

Orange and Rhubarb Marmalade No. 2

5 pounds oranges — 5 pounds sugar
5 pounds rhubarb — 5 lemons

Remove skin from oranges and cook in boiling water until soft; drain; scrape off white part and cut peel in strips. Cut oranges and lemons in slices, remove pith and seeds. Cut rhubarb in inch pieces. Cook oranges, lemons, and rhubarb one hour; add sugar and peel and simmer two hours. Pour into glasses and cover when cold.

Grape Fruit Marmalade No. 1

4 pounds grape fruit — 4 pounds sugar

Wash grape fruit, slice thinly, remove seeds and pulpy portion, add sugar, and cook slowly two or three hours. Pour into glasses and cover.

Grape Fruit Marmalade No. 2

6 grape fruits — 4 quarts water
4 lemons — 10 pounds sugar

Wash the fruit and cut in thin slices, removing the seeds and as much of the white skin as possible. Cover with water and let stand over night. Cook slowly two hours; add sugar and simmer until thick. Fill glasses, seal, and keep in cool place.

Peach Marmalade

4 pounds peaches — 4 pounds sugar
juice 2 lemons

Wipe and cut peaches in halves, remove stones, cut peaches in pieces; add sugar and cook slowly two hours; add lemon juice. Pour into glasses and cover.

Quince, apricot, plum, and prune marmalade may be made like Peach Marmalade.

Blackberry Jam

4 pounds blackberries — 2 pounds sugar

Wash and pick over blackberries, heat, then press through a sieve. To this purée add sugar and boil one half hour. Pour into glasses and cover.

Black, Red, or White Currant Jam

4 pounds currants
4 pounds sugar

Stem currants, crush slightly; add sugar, let stand over night; in the morning cook slowly one half hour, stirring often. Turn into glasses and cover.

Green or Ripe Grape Jam

Wash and stem grapes. Separate skins from pulp. Cook skins until tender, press through a sieve. Cook pulps ten minutes, press through a sieve. Combine purées; add one pound of sugar to every quart of purée; boil one half hour, stirring often. Pour into glasses and cover.

Raspberry or Strawberry Jam

4 pounds raspberries or strawberries
2½ pounds sugar

Mash berries; add sugar; cook thirty minutes, stirring very often. Pour into glasses and cover.

Green Tomato Jam

4 pounds green tomatoes
4 pounds loaf sugar
1 cup water
2 ounces preserved ginger

Wash tomatoes and cut in pieces; add remaining ingredients and cook until clear, about two hours. Strain through coarse strainer to remove seeds. Fill sterilized jars and seal.

Spiced Currants

4 pounds currants
2 tablespoons cinnamon
2 tablespoons clove
2 pounds brown sugar
1 teaspoon salt
1 cup vinegar

Remove stems and wash currants, add remaining ingredients, and boil twenty minutes. Keep in stone jar.

Spiced Gooseberries

4 pints gooseberries
1 cup vinegar
2 sticks cinnamon
12 cloves
3 pounds brown sugar
1 teaspoon salt
½ teaspoon cayenne
1 tablespoon lemon juice
½ ounce ginger root

Tie spices in bag. Cook vinegar and sugar five minutes. Add spice and remaining ingredients, cook slowly one hour. Keep in stone jar.

Spiced Peaches

4 pounds peaches
1 cup vinegar
1 tablespoon cinnamon
1 tablespoon clove
3 pounds brown sugar
1 teaspoon ginger
1 teaspoon salt
½ teaspoon cayenne pepper

Boil sugar and vinegar. Scald peaches, remove skins, and cook in sirup. Tie spices in bag and cook with peaches. When peaches are tender, pour into stone jars, reheat sirup every day for a week, pouring when boiling over peaches.

All kinds of small fruits may be spiced in this manner.

Sweet Tomato Pickle

4 quarts green tomatoes
4 sliced onions
½ cup salt
1 tablespoon each of clove, mustard and cinnamon
4 cups water
2 pounds brown sugar
2 cups vinegar
¼ teaspoon cayenne

Slice tomatoes, add onions and salt, and let stand twelve hours. Drain, add water and two cups vinegar, and boil one half hour. Drain; to tomatoes add remaining ingredients, and cook one half hour. Keep in stone jar in cool, dry place.

PICKLES

Sweet pickles are prepared from every fruit that can be preserved. Spices are generally tied in a muslin bag and

kept in the pickle jar, and the sirup is rich in order to preserve the pickle. Sour pickles should always be cooked in granite or agate-ware kettles, and if desired green, put on to cook in cold vinegar and brought gradually to the boiling point. Alum added to the pickles keeps them crisp.

Sweet Pickled Watermelon

4 cups vinegar
8 pounds sugar
4 tablespoons cinnamon sticks
4 tablespoons cloves (whole)
watermelon

Cut skin from watermelon; cut rind into small pieces about two inches square; cover with water and cook until tender. Boil sugar and vinegar ten minutes; add spices tied in a bag, simmer until sirupy, about two hours; add melon and simmer one hour. Fill jars and seal.

Sweet Pickled Pears

6 pounds pears
3 pounds sugar
2 cups vinegar
4 tablespoons cloves (whole)
¼ cup mixed spices

Wash pears, but do not pare. Stick the cloves into the pears. Make a sirup of sugar and vinegar; add spices, when boiling, add a few pears at a time and cook until tender. Fill jars and seal.

Sweet Pickled Cantaloupe

Prepare in the same way as Sweet Pickled Watermelon, substituting cantaloupe.

Sweet Cucumber Pickle

Soak the cucumbers in a brine for two weeks; drain, and slice lengthwise. Cook in a sirup made by cooking six pounds sugar and four quarts of vinegar; boil twenty minutes. Keep in tightly covered crock.

Pickled Cucumbers No. 1

100 small cucumbers
2 pints salt
1 quart small peppers
8 quarts water

Boil water and salt together; pour over cucumbers and peppers. Let stand over night; in the morning drain. Make a new brine, using same proportion; repeat this process twice, then drain and wash cucumbers and peppers in cold water. Place cucumbers and peppers in crock; cover with boiling vinegar.

Twelve whole cloves and twelve peppercorns may be tied in a bag and kept in the pickle jar.

Pickled Cabbage

4 quarts chopped cabbage
2 cups chopped onion
1 cup chopped peppers
salt

Arrange cabbage, onion, and peppers in layers in an earthen crock; cover each layer with salt. Let stand over night; in the morning drain; then arrange cabbage, onion, and peppers in layers, with cloves and mustard seeds. Cover with cider vinegar; let stand twenty-four hours.

Pickled Cabbage and Celery

2 quarts chopped cabbage
1 cup sugar
¼ cup celery seed
2 quarts chopped celery
¼ cup salt
¼ cup mustard seed
3 quarts vinegar

Cook all ingredients until cabbage is tender. Keep in stone crock.

Pickled Cucumbers No. 2

100 cucumbers sliced
30 small onions sliced
salt
olive oil
vinegar
mustard seed

Arrange cucumbers and salt in layers and let stand over night. Arrange onions and salt in layers and let stand

over night. In the morning drain; put a layer of cucumbers in an earthen crock, cover with olive oil and mustard, then a layer of onions, and so continue until all are used. Cover whole with cider vinegar; let stand covered closely for two months, when it is ready for use.

Pickled Tomatoes

2 quarts chopped tomato
2 cups chopped horse-radish
2 cups chopped celery
½ cup salt
1 tablespoon clove
1 cup chopped onion
½ cup chopped peppers
½ cup mustard seed
½ cup brown sugar
1 tablespoon cinnamon
4 cups vinegar

Mix all ingredients; stir every morning for a week. Keep in a cool, dark place.

Mustard Pickle

4 cups vinegar
¼ pound mustard seed
¼ pound horse-radish
½ pound mustard
1 cup brown sugar
1 cup chopped green pepper
2 tablespoons turmeric
1 pint button onions
4 cups sliced cucumbers
4 cups sliced green tomatoes
4 cups cauliflower flowerets
2 tablespoons celery seed

Boil vinegar, spices, and sugar five minutes, add remaining ingredients, and simmer until thick. Keep in crock in cool place.

Chow Chow

1 medium-sized cauliflower
12 green peppers
12 cucumbers (small)
2 cups small onions
2 cups salt
4 cups vinegar
1 teaspoon cayenne
2 quarts boiling water
3 tablespoons mustard

Peel onions and cook twenty minutes. Drain and cool. Arrange cauliflower, broken in small pieces, cucumbers, peppers and onions in kettle. Cover with brine made of salt and water. Let stand two days. Drain thoroughly,

then cover with vinegar, cayenne and mustard. Boil slowly one hour. Keep in Mason or Lightning jars.

Piccalilli

4 dozen small cucumbers
3 quarts small green string beans
4 red peppers
4 green peppers
¼ cup mustard seed
2 heads cabbage
2 heads cauliflower
1 teaspoon ginger
1 teaspoon pepper
1 teaspoon mace
vinegar

Tie spices in a muslin bag. Chop the vegetables, cover with salt and water, let stand over night. Drain thoroughly, cover with hot vinegar, add spice bag, and let stand until the next morning. Reheat vinegar and pour over pickles; do this for three days, then keep in earthen crock tightly covered.

Pickled Walnuts

Run a needle through soft walnuts; cover with strong brine of salt and water; let stand in brine for a week. Draining off brine every day, and covering with fresh brine. Then drain and wash walnuts, cover with vinegar, boil ten minutes, add a bag of spices, cover closely, and keep in cool place three weeks.

For bag of spices, mix four tablespoons each of whole cloves, peppercorns, mace, celery and mustard seed.

Chili Sauce

2 dozen tomatoes finely chopped
1 dozen onions finely chopped
1 dozen red peppers finely chopped
1 cup brown sugar
3 cups cider vinegar
¼ cup salt

Mix all ingredients, add more salt if needed, and boil slowly until thick. Keep in air-tight jars.

Chutney

4 cups sliced sour apples
8 cups chopped green tomatoes
4 cups chopped raisins
1 shallot chopped
¼ cup salt
2 onions chopped
4 cups brown sugar
1 quart vinegar
1 inch ginger root
1 teaspoon cayenne

Mix all ingredients and cook gently all day. Cool; then boil hard five minutes, stirring constantly. Fill sterilized jars and seal.

Tomato Ketchup No. 1

24 ripe tomatoes
6 onions peeled
6 green peppers
¼ cup salt
¼ cup brown sugar
2 tablespoons ginger
2 tablespoons cinnamon
2 tablespoons mustard
6 cups vinegar

Peel tomatoes, and cook all ingredients six hours, stirring often. Pour into sterilized bottles and seal.

Tomato Ketchup No. 2

½ bushel tomatoes
2 tablespoons mustard
2 tablespoons ginger
1 tablespoon cloves
1 tablespoon allspice
2 tablespoons pepper
3 quarts vinegar
2 cups alcohol
3 cups brown sugar
1 cup salt
2 lemons finely chopped
cayenne pepper

Cook tomatoes one hour; press through a sieve; add all ingredients, except alcohol, and cook until thick; boil one minute; add alcohol, and bottle. The cooking will take six or eight hours; stir occasionally to keep from burning.

Mushroom Ketchup

Arrange layers of mushrooms and salt in preserving kettle; let stand on back of stove for twelve hours. Press through a sieve. Measure. For each quart of mushroom liquor add one pint vinegar, one tablespoon salt, two tablespoons each of cloves, allspice, mace, and mustard seed. Boil until thick, then bottle.

Cucumber Ketchup

3 large cucumbers
1 large onion
2 tablespoons grated horse-radish
2 tablespoons salt
2 cups vinegar
2 tablespoons pepper
1 teaspoon paprika

Grate cucumber and onion, add remaining ingredients, boil five minutes, bottle, and seal.

Rhubarb Wine

8 pounds rhubarb
grated rind of 4 lemons
8 quarts water
6 pounds sugar

Chop the rhubarb; add lemon rind and water; let stand three days. Strain, add sugar, pour into crock, cover with muslin, let stand for two weeks. Cover tightly, at the end of a month it will be ready to bottle.

Grape Juice

6 pounds grapes
3 cups cold water

Wash and mash grapes; add water and boil ten minutes; strain. For every quart of juice add two cups sugar. Boil sugar and juice eight minutes, bottle and seal while hot.

Red Pepper Relish

8 quarts red pepper
2 quarts vinegar
4 pounds brown sugar
1 teaspoon salt

Remove seeds from peppers; cut peppers in narrow strips, using scissors. Cover with boiling water, keep on back of range ten minutes, but do not boil. Drain, cover with ice water, and let stand ten minutes. Repeat this process twice. Boil sugar, vinegar and salt twenty minutes. Drain peppers, pack sterilized jars with peppers, add sirup to fill jars. Seal and keep in cold place.

CHAPTER XIX

CHAFING DISH DELICACIES

THE chafing dish is composed of the blazer and hot water pan, set in a standard with a small lamp underneath. Some lamps have an electric attachment, but alcohol is the fuel most used. The best alcohol is the most satisfactory, although many use wood alcohol.

Every kind of dish which is usually prepared in a saucepan or double boiler can be made in the chafing dish, but ordinarily oyster, mushroom, fish, egg, and cheese dishes are the ones most popular.

When preparing for a chafing dish supper, arrange the chafing dish on a tray, have the lamp filled, and matches at hand. A wooden spoon or regular chafing dish spoon and a wire whisk are convenient and really necessary utensils. It is well to have all the ingredients measured and neatly arranged on a tray. If butter is to be used, butter balls, each representing a tablespoon, are a convenient and attractive way in which to serve it.

If toast is to be used, have the bread cut in small rounds or triangles and toasted a golden brown. It should be kept hot until ready to be used.

Light the lamp and have the water boiling before the supper is announced, then the compounding of the dish may be done quickly.

Salted Almonds

Heat one tablespoon olive oil in chafing dish; add one cup blanched and dried almonds. Stir until evenly colored. Drain and sprinkle with salt.

Deviled Almonds

Melt one tablespoon butter in chafing dish. Add one tablespoon chopped red pepper, one tablespoon onion, one half teaspoon salt, and one cup blanched almonds. Cook until almonds are brown.

Deviled Beef

Melt two tablespoons butter, add two tablespoons green pepper, one tablespoon onion, one teaspoon each of salt and lemon juice, one tablespoon flour. Spread on rounds of cold roast beef and sauté in butter; or add one half cup tomato and reheat beef in sauce.

Bacon and Chicken Livers

Cut six chicken livers in slices, sprinkle with salt and pepper. Add an equal amount of sliced bacon. Cook together until livers are tender. Add two tablespoons flour, one half teaspoon salt, one cup stock or tomato. Season with Worcestershire and serve hot on toast.

Bacon and Mushrooms

Wrap eight mushrooms in eight slices of bacon. Cook in chafing dish until mushrooms are tender. Sprinkle with salt and pepper and serve.

Chicken Livers with Mushrooms

Make a Brown Sauce; add two cups sliced cooked livers and one cup chopped mushrooms. Reheat and serve on toast. Two tablespoons wine may be added.

Deviled Bananas

Melt one tablespoon butter, add one tablespoon chopped red pepper, two teaspoons chopped pickles, one teaspoon Worcestershire sauce, one fourth teaspoon salt. Add four bananas cut in four equal parts. Cook five minutes.

Frizzled Beef

Melt one tablespoon butter, add one tablespoon flour and one half pound dried beef. Cook five minutes, add one half cup stock, few drops onion juice, one half teaspoon Worcestershire Sauce, two eggs well beaten. Cook two minutes and serve.

Beef with Currant Jelly Sauce

Make Brown Sauce; add one cup Currant Jelly and twelve thin slices rare roast beef. Cook until hot and serve.

Cheese Dreams

Cut twelve thin slices of bread and remove crusts. Cut in halves, cover with a thin slice of American cheese, sprinkle with salt, paprika and cayenne; cover with another slice of bread and sauté on both sides in butter. These are more easily prepared small than large.

Cheese Custard

Melt two tablespoons butter; add one teaspoon each of salt, mustard and paprika. Add two cups cheese, one half cup soft bread crumbs, and one cup milk. Cook five minutes. Add two eggs well beaten; when thoroughly blended, pour on to bread toasted on one side.

Cheese Omelet

Melt one tablespoon butter; add four eggs slightly beaten, four tablespoons milk, one half teaspoon salt, one cup grated cheese. Cook like a French Omelet over hot water. Serve with or without Tomato Sauce.

Welsh Rarebit

Melt one teaspoon butter, add one teaspoon each of salt, mustard and paprika; add two cups American cheese.

When melted, add one half cup cream or ale. Stir vigorously until smooth, and pour over hot buttered crackers or toast.

Cheese and Tomato Rarebit

Melt one tablespoon butter; add three sliced tomatoes, one half cup milk, one teaspoon salt, two cups cheese. Stir continually until cheese is melted. Add three eggs well beaten. When hot, serve on hot buttered toast.

Cheese with Red Peppers

Melt two tablespoons butter, add four tablespoons chopped pepper, one half tablespoon chopped onion, one fourth cup grated cheese, one fourth cup cream, four eggs slightly beaten. Cook until well blended and serve on buttered slices of toast.

Chicken à la Crême

Make a White Sauce; add one and one half cups chicken meat, cut in cubes, one half cup mushrooms, cut in slices, and one red pepper, finely chopped. Add more seasoning if required and serve on hot toast.

Turkey, veal, lamb, or game may be served in this way.

Chicken and Mushrooms à la Crême

Melt two tablespoons butter; add two tablespoons flour, one cup cream, one half teaspoon salt. Add one cup each of cold cooked chicken, cut in pieces, and cooked mushrooms, also cut in pieces.

Serve very hot on buttered toast. A few drops of Tabasco may be added.

Curried Chicken

Add one tablespoon curry powder to Chicken à la Crême.

Chicken with Hard-cooked Eggs

Cut four hard-cooked eggs in slices, add to two cups creamed chicken with two tablespoons sherry.

Béchamel Eggs

Two cups Béchamel Sauce, mixed with four hard-cooked eggs, cut in slices; one half cup sautéd mushrooms. Cook all together five minutes; serve on hot toast.

Creamed Eggs

Melt two tablespoons butter; add two tablespoons flour, one fourth teaspoon salt, few grains cayenne, one cup cream. Cook until thick, add two egg yolks and six hard-cooked eggs, cut in pieces, and serve hot on toast.

Scrambled Eggs and Tomato

Melt two tablespoons butter; add one tablespoon each of chopped pepper and onion, one cup cooked tomato, one half teaspoon salt. When hot, add four eggs slightly beaten; when scrambled, serve on toast.

Poached Eggs on Toast

May be prepared in chafing dish.

Creamed Lobster

Melt two tablespoons butter; add one fourth teaspoon salt, few grains cayenne, two tablespoons flour, one cup cream, few gratings nutmeg. Cook ten minutes, add meat from a two-pound lobster cut in small pieces, the grated coral, and one tablespoon butter. One teaspoon Worcestershire and one teaspoon mustard may be added.

Lobster à la Newburg

Melt two tablespoons butter; add one tablespoon flour, one teaspoon salt, few grains cayenne, one cup cream. Cook five minutes; add three egg yolks well beaten, the meat from a two-pound lobster, and just before serving, two tablespoons each of sherry and brandy.

Lobster with Pimolas

Mix one cup Brown Sauce, one cup sliced pimolas, two hard-cooked eggs cut in slices, one fourth teaspoon salt, few gratings nutmeg, and two tablespoons sautéd mushrooms, with two cups lobster meat. Serve when hot with slices of brown bread toast.

Lobster with Mushrooms

Melt three tablespoons butter; add one cup fresh mushrooms, cut in slices, few drops onion juice, two tablespoons flour, one cup cream or Chicken Stock; meat from a two-pound lobster and salt, pepper, and cayenne to taste. Serve when hot.

Lamb Terrapin

Mix two cups cold cooked lamb, cut in small pieces, two hard-cooked eggs, chopped fine, two tablespoons olive oil. Let stand two minutes. Melt two tablespoons butter; add two tablespoons flour, one teaspoon mustard, one teaspoon Worcestershire Sauce, and one cup Lamb Stock, or milk. Cook five minutes. Add lamb and eggs and serve on graham toast.

Sautéd Oysters

Season four dozen large oysters with salt, pepper, onion juice and lemon juice. Dip in crumbs, egg and crumbs, and sauté in butter.

Fricassee of Oysters and Mushrooms

Melt two tablespoons butter; add one tablespoon flour, one half finely chopped onion, one cup mushrooms, broken in small pieces, one cup Chicken Stock or one cup oyster liquor. Cook five minutes and add two cups oysters drained from their liquor. Reheat; season with salt, pepper, cayenne and Worcestershire Sauce. Serve with Brown Bread Sandwiches.

Celeried Oysters

Melt two tablespoons butter; add two cups each of celery and oysters. Season with salt, cayenne and lemon juice. Serve hot with crisp toast.

Shrimps and Tomatoes

Melt two tablespoons butter; add one can tomatoes; simmer until of purée consistency. Season highly with salt, pepper and onion juice. Add two cups shrimps which have been marinated in French Dressing for one hour. When hot, serve on hot buttered toast.

Sweetbreads with Bacon

Cut cooked sweetbreads in inch pieces. Sprinkle with salt, cayenne, lemon juice and onion juice. Wrap in slices of bacon. Skewer, sauté in butter. Serve with Brown Sauce, and garnish with finely chopped celery.

Calves' Brains à la Béchamel

Cut two cups cooked brains in small pieces. Marinate with French Dressing. Melt two tablespoons butter; add four tablespoons chopped peppers, one half cup chopped mushrooms, few drops onion juice, two tablespoons flour, and one cup Chicken Stock. Cook five minutes; add brains; season with salt, cayenne, Tabasco and Worcestershire.

Buttered Tomatoes

Melt one half cup butter; sprinkle six sliced tomatoes with salt and pepper; put in chafing dish; cover and cook twenty minutes. Serve on toast.

Venison with Currant Jelly

Melt two tablespoons butter; add one quarter teaspoon salt, few grains cayenne, one tablespoon lemon juice, one cup Currant Jelly, one half cup sherry; cook five minutes. Keep hot while cooking slice of venison steak in chafing dish eight minutes. Serve sauce with venison.

Venison Stew

Cut one slice venison steak in inch pieces. Cover with Chicken or Veal Stock; simmer until tender, about fifteen minutes; season with salt and pepper; add one cup Currant Jelly and serve.

Sautéd Bananas

Peel and cut four bananas in four pieces; melt two tablespoons butter, add two tablespoons sugar, and one half cup sherry; when hot, add bananas, and cook until bananas are hot and tender.

Hot Fruit Salad

Melt two tablespoons butter; add four tablespoons sugar, one quarter cup water, and one quarter cup lemon juice; add two cups mixed fruit, apples, bananas, figs and cherries; when hot, serve with cream sweetened and beaten until stiff.

Peach Canapé

Melt two tablespoons butter; add two cups peaches with skin and stones removed; cook ten minutes; add

sugar and lemon juice, and serve on slices of sautéd bread or Sponge Cake; garnish with cream.

Pineapple Canapé

Substitute two cups shredded pineapple for peaches, and follow directions for Peach Canapé.

CHAPTER XX

COOKERY FOR THE SICK AND CONVALESCENT

THE preparation of food for the sick and convalescent person is even more important than the preparation for the strong and well. Certain points should always be considered. The food should be freshly prepared, daintily served, and if possible different dishes for each meal.

The arrangement of the tray is often of great importance. Select attractive dishes and arrange them so that the patient can reach them without trouble. Serve everything which should be hot, very hot, and cold dishes, ice cold.

Apple Water

1 large juicy apple
2 cups water
sugar

Wash, pare, core, and cut apple into pieces; add water and simmer until tender; strain, add sugar to water, cook five minutes, chill, and serve. If apple is not tart, a small amount of lemon juice may be added to give a more agreeable flavor.

Pears, peaches, plums, figs, prunes, raisins, and rhubarb may be used in the same way.

Barley Water

2 cups boiling water
½ tablespoon prepared barley
salt
sugar

Mix barley with a small amount of cold water, add to boiling water, and simmer twenty minutes. Season with salt and sugar. Lemon juice may be added if desired.

Cinnamon Water

½ ounce stick cinnamon 2 cups boiling water

Break cinnamon in small pieces, add water, and boil twenty minutes. Strain and serve hot or cold.

Currant Water

2 tablespoons Currant Jelly 1 cup boiling water

Mix jelly and water, strain, chill, and serve.

Cranberry, strawberry, raspberry, blackberry, and plum water may be prepared in the same way.

Distilled Water

This may be prepared at home by attaching one end of a curved tube to the spout of the teakettle, and having the other end placed in a jar. The jar should be placed in a kettle of cold water. This condensed steam is distilled water.

Flaxseed Tea

½ cup flaxseed 4 cups boiling water
salt sugar
lemon juice

Boil flaxseed and water one hour, strain, sweeten, and flavor. Serve hot or cold.

Grape Water

2 cups grapes 1½ cups boiling water

Wash grapes, mash, add water, simmer ten minutes, strain, chill, and serve.

Lemonade

2 tablespoons lemon juice 2 tablespoons Sugar Sirup
1 cup cold water

Mix ingredients, add crushed ice, and serve ice-cold with straws.

Oatmeal Water

4 tablespoons fine oatmeal — 4 cups boiling water
salt

Boil all ingredients twenty minutes, strain, cool, add water to make of pleasant consistency.

Tamarind Water

1 tablespoon tamarinds — 1 cup boiling water

Let tamarinds stand in water one half hour, strain, chill, and serve.

Toast Water

Dry and brown in the oven very thin slices of white or graham bread, break into small pieces, cover with boiling water; when cold, strain and season with salt.

Sugar Sirup

1 cup sugar — ½ cup boiling water

Boil two minutes, keep in preserve jar, and use when needed.

Irish Moss Lemonade

4 tablespoons Irish Moss — 3 tablespoons lemon juice
2 cups cold water — Sugar Sirup

Pick over and soak moss in cold water to cover for one half hour; drain, cover with two cups cold water, and cook ten minutes; strain, add lemon juice and Sugar Sirup to taste.

Milk Punch

¾ cup fresh milk — 2 tablespoons brandy or whisky
salt — nutmeg
sugar

Sweeten milk to taste, add salt and liquor, and pour from one tumbler to another until frothy.

Egg and Milk Punch

1 egg
¾ cup milk
1 tablespoon whisky or brandy
2 teaspoons sugar

Beat yolk; add milk, liquor and sugar, pour into glass; add well-beaten white of egg, stir lightly, and serve.

Eggnog

1 egg
1 teaspoon sugar
salt
2 tablespoons wine, whisky or brandy
1 cup cream

Beat white of egg until stiff; add beaten cream and liquor, then well-beaten yolk mixed with sugar and salt.

Milk or hot water may be substituted for the cream, and the yolk and white may be beaten together just slightly if a foamy eggnog is disliked.

Koumiss

Heat four cups milk; cool; when lukewarm, add one fourth yeast cake dissolved in one fourth cup lukewarm water, and two tablespoons sugar. Pour into bottles with patent stoppers, fill two thirds full, cork tightly. Shake; let stand in kitchen six hours, then on ice for twenty-four hours; serve ice cold.

Egg Cordial

1 egg white
1 tablespoon brandy or wine
1 teaspoon sugar
few grains salt
2 tablespoons cream

Beat white until frothy; add cream and continue beating; add remaining ingredients and serve immediately.

Orange Egg Cordial

Prepare as Egg Cordial, omitting wine and cream, and using the juice of one orange.

Albuminized Milk

1 egg white
½ cup milk
salt

Beat white until frothy; add salt and milk, and continue beating; strain and serve.

Egg and Lemon

1 egg
salt
3 tablespoons lemon juice
1 teaspoon sugar

Beat egg, add remaining ingredients, and serve cold.

Wine Whey

2 cups milk
½ cup wine

Scald milk; add wine; let stand until curds separate from whey. Strain and serve hot or cold. Lemon or Vinegar Whey may be prepared in the same way; allow one tablespoon vinegar or two tablespoons lemon juice.

Barley Gruel

1 tablespoon barley flour
¼ cup cold water
½ cup boiling water
½ cup milk
salt

Mix barley with cold water and salt; add boiling water and cook in double boiler one half hour; add milk and cook ten minutes more; if too thick, thin with hot milk or cream.

Entire Wheat Gruel

¼ cup entire wheat
½ cup cold water
3 cups water (hot)
salt

Mix wheat and cold water, add boiling water and salt, and cook in double boiler one to two hours. Milk may be substituted for water.

Cracker Gruel

2 tablespoons cracker crumbs
1 cup milk
¼ teaspoon salt

Mix crumbs and milk and cook in double boiler twenty minutes ; add salt and serve.

Dried bread crumbs may be substituted for cracker crumbs.

Corn Meal Gruel

2 tablespoons corn meal
½ cup milk
¼ teaspoon salt
2 cups boiling water

Mix corn meal, salt and milk ; add boiling water and cook in double boiler two hours.

Flour Gruel

2 tablespoons flour
2 cups scalded milk
¼ cup cold water
¼ teaspoon salt

Mix flour with cold water, add scalded milk and salt. Cook in a double boiler thirty minutes, stirring often.

Flour Ball for Flour Gruel

Knead two cups flour into a ball, adding water to form a stiff dough. Tie ball in a linen cloth and boil in deep saucepan ten to twelve hours, keeping the cloth covered with boiling water all of the time. Dry in cloth, remove cloth, and dry ball in oven. This will keep for years. Scrape two tablespoons from the ball ; add one fourth cup cold water and two cups scalded milk ; cook in double boiler ten minutes, add salt, and serve.

Oatmeal Gruel

2 tablespoons oatmeal
¼ cup cold water
2 cups boiling water
½ teaspoon salt

Mix oatmeal with cold water ; add salt and boiling water, and cook two hours, or better still over night, in

double boiler. Strain and serve ; thin with hot water or milk if not of the desired consistency.

Oatmeal Caudle

Add one egg yolk and one tablespoon brandy or sherry to Oatmeal Gruel.

Rice Gruel

2 tablespoons ground rice
¼ cup cold water
2 cups milk
½ teaspoon salt

Mix rice and cold water ; add scalded milk and cook in double boiler two hours, stirring occasionally. Strain, add salt, and serve.

Dry Toast

Cut stale bread in one quarter inch slices ; remove crust or not as preferred. Dry in oven ; place on toaster and toast over clear fire, first on one side and then on the other, having both sides a golden brown. Arrange in toast rack or cover with napkin.

Buttered Toast

Prepare bread as for Dry Toast, and spread with butter as soon as taken from toaster.

Water Toast

Prepare bread as for Dry Toast, dip in hot salted water, drain, and spread with butter.

Milk Toast

3 cups scalded milk
3 tablespoons butter
¼ cup cold milk
3 tablespoons flour
½ teaspoon salt
toasted bread

Toast bread according to receipt for Dry Toast. Mix flour and cold milk ; add to scalded milk and cook in double boiler twenty minutes, stirring constantly at first ;

add salt and butter; dip toast in sauce; serve in hot dish; add remaining sauce.

Cream Toast

Prepare in the same way as Milk Toast, substituting cream for milk.

Brown Bread Toast

Cut brown bread in thin slices; dry in oven, then toast; butter each slice, and cover with scalded milk.

Pulled Bread

Remove the crust from fresh bread and tear the center in small pieces. Dry in slow oven; the center of biscuits may be prepared in the same way.

Bread and Butter Sandwiches

Cut bread in thin slices; remove crusts; spread with creamed butter; put two slices together; cut in desired shapes. Arrange on fancy plate.

Raw Beef Sandwiches

Cut bread in thin slices; remove crusts; shape and spread with raw beef. Serve as soon as made.

To scrape Raw Beef

Buy bottom or top of round of beef; wipe, then scrape with a teaspoon; there should be nothing but fiber left when all meat is scraped.

Fig Sandwiches

Fill bread and butter sandwiches with stewed figs.

Beef Juice

Buy one half pound from top of round; wipe, and set in oven five minutes; cut in thin slices, squeeze, using meat

press or lemon squeezer. Serve in warm, not hot cups, with salt or not.

Beef Tea

Wipe one half pound of round steak; remove all fat; cut in small pieces; add one cup cold water; place in preserve jar, cover, and let stand ten minutes; place jar on trivet in saucepan surrounded with cold water. Heat gradually on back of range; keep water just simmering for one hour. Strain, add salt, and serve in hot cup.

Beef Essence

Wipe one half pound round steak; remove fat; chop very fine; place in fruit jar; cover, place jar on trivet, surround with cold water, and keep water just bubbling for one and a half hours. Strain, press meat to extract all juice, season, serve in hot cup.

Frozen Beef Tea

Prepare Beef Tea, pour into glass, surrounded with ice and salt, and freeze, turning glass often, and scraping the frozen part into the liquid.

Scraped Beef Balls

Prepare scraped beef according to rule. Season; shape in round balls about the size of marbles; cook in hissing hot frying pan; keep pan constantly in motion, and cook balls two minutes. Serve on small strips of toasted bread; garnish with parsley.

Mutton Broth

Wipe two pounds neck of mutton; remove all fat and cut off skin; cut meat in small pieces. Put meat and bones in kettle; add four cups cold water, and simmer gently several hours; add salt to taste. Strain, let stand

over night to cool; in the morning remove fat, reheat, and serve with two tablespoons cooked rice in broth.

Chicken Broth

Cut up a three-pound fowl; remove skin and all fat. Put in soup kettle; add ten cups cold water, and simmer until meat falls from bones. Strain; let stand over night to cool; remove fat; reheat, season with salt, and serve with Boiled Rice or Croûtons.

Clam Broth

Wash one dozen clams, put in kettle, cover, and cook until shells open. Strain clam liquor through cheese cloth and serve very hot.

Rennet Custard

4 cups milk
1 tablespoon liquid rennet
1 tablespoon brandy
few grains salt
4 tablespoons sugar

Mix sugar, brandy and salt. Heat milk until lukewarm; add rennet and other ingredients; pour into serving dish and let stand until a firm curd is formed, then chill. Serve with cream and sugar.

Calf's Foot Jelly

1 calf's foot
4 cups cold water
½ cup sherry
½ cup lemon juice
½ cup sugar
3 egg whites

Cook the calf's foot in cold water, slowly, for four hours. Skim often while cooking. Strain; let stand over night. Remove fat; add whites of eggs slightly beaten, and bring slowly to the boiling point, stirring all of the time; boil one minute, strain through cheese cloth, add remaining ingredients, and pour into molds. Chill and serve.

Strawberry Whip

2 egg whites
½ cup powdered sugar
1 cup strawberries
1 tablespoon lemon juice

Hull and wash the strawberries, add sugar and lemon juice. Beat the whites of eggs until stiff, add other ingredients, and serve ice-cold in frappé glasses.

Arrowroot Blanc Mange

2 tablespoons arrowroot
few grains of salt
2 tablespoons sugar
1⅓ cups milk
flavoring

Mix arrowroot, salt and sugar; add milk, a little at a time, until the mixture is smooth, then add the remainder, and cook in double boiler one half hour, stirring all the time. Add flavoring, pour into molds, and serve with Soft Custard or cream.

Stewed Prunes

Wash prunes; soak over night in water to cover; cook slowly, in same water, until tender. A small amount of sugar and lemon juice may be added if desired.

Stewed Figs

Wash figs; cut in pieces; for each cup of figs add one quarter cup cold water, simmer one hour; add sugar and lemon juice if allowed.

Oatmeal Wafers

1 cup flour
½ cup fine oatmeal
⅓ cup rolled oats
4 tablespoons sugar
2 tablespoons butter
½ teaspoon salt
⅓ cup hot milk
1 teaspoon lemon juice

Mix butter and milk; when cool, add remaining ingredients. Roll very thin, shape in squares, and bake in a slow oven.

CHAPTER XXI

CREOLE DISHES

Hoe Cake

1 cup white corn meal
¼ teaspoon salt
¼ cup boiling water
milk
1 teaspoon baking powder

Mix salt and corn meal, add boiling water, let stand ten minutes. Add baking powder and sufficient milk to make a stiff batter. Grease a griddle; when hot, drop the mixture by spoonfuls on to it. When brown put a piece of butter on top of each cake and turn.

Corn Pone

2 cups coarse corn meal
water to make a soft dough
1 teaspoon salt

Butter pan; sprinkle with dry meal. Mix corn meal, salt, and water. Heat pan, pour in pone mixture, and bake in hot oven.

Virginia Waffles

1 cup white corn meal
2 cups boiling water
1 cup milk
2½ cups flour
2 eggs
1 teaspoon salt
¼ cup melted butter
¼ cup sugar
3 teaspoons baking powder

Cook meal in boiling water twenty minutes. Mix and sift dry ingredients and add alternately with milk. Add eggs well beaten, and melted butter. Cook as waffles.

Virginia Spoon Bread

1 cup cooked hominy
4 tablespoons lard
1 cup cream
4 eggs
2 cups corn meal
4 teaspoons baking powder
1 tablespoon melted butter
½ teaspoon salt

Mix the lard with the hot hominy; when cool, add cream, eggs well beaten, corn meal mixed and sifted with baking powder, melted butter, and salt. Bake in buttered agate-ware pan thirty to forty minutes.

Gumbo

1 fowl
½ cup salt pork fat
1 sliced onion
salt
2 cups strained tomatoes
12 okra pods sliced
1 teaspoon sassafras powder
cayenne

Dress the fowl and cut in pieces for serving. Pour pork fat into frying pan, when hot add onion, seasoned fowl, and cook until fowl is brown and tender; add remaining ingredients and cook one hour.

Oyster and Clam Chowder

4 cups clams
½ cup onion
2 cups potatoes
3 cups tomatoes
salt, cayenne
4 cups oysters
2 tablespoons butter
2 tablespoons flour
½ cup salt pork fat
Worcestershire Sauce
1 cup water

Parboil potatoes. Remove heads from clams. Put pork fat in kettle, add onion, soft part of clams, potatoes, tomatoes, and water. Cook slowly one hour. Melt butter, add flour, and add to clam mixture. Cook five minutes, add seasonings and oysters; serve as soon as oysters are heated through.

Crab Bisque

4 boiled crabs
3 cups milk
½ cup chopped onion
2 tablespoons flour
1 green pepper chopped
2 tomatoes
4 tablespoons butter
salt, pepper and cayenne
½ cup croûtons

Melt butter; add onion and pepper, and cook five minutes; add flour; when well blended add tomatoes cut in pieces; cook two minutes; add scalded milk and crab meat; cook until heated through, season, pour over croûtons, and serve.

Chicken Okra Soup

2 tablespoons raw ham
4 tablespoons onion
½ cup raw chicken
2 tablespoons red pepper
salt
6 cups consommé
6 okra pods
2 cups tomato
2 cups oysters
pepper

Chop ham, onion, chicken and red pepper, and sauté; add consommé and cook one hour. Slice okra, add with tomato to consommé, cook one half hour. Add oysters, cook until edges shrivel, season and serve.

Stewed Terrapin

Cut terrapin meat in dice, cover with cold water, and cook slowly one half hour. Mix the yolk of one hard-cooked egg with one teaspoon butter, add one fourth cup cream, season with salt, nutmeg, paprika; add terrapin meat, cook five minutes; add one tablespoon sherry, and serve on toast.

This amount is right for one terrapin.

Jugged Hare

Dress a hare. Disjoint, season with salt and pepper, and dredge with flour. Cook one quarter cup salt pork cubes in a frying pan, add hare, and cook until brown. Arrange layers of hare, chopped onion, and salt pork cubes in deep baking dish; add one cup each of stock or water and stewed tomato. Cook in slow oven three hours.

Remove hare, strain liquor, and thicken with two tablespoons each of butter and flour cooked together; add one

half cup sherry and pour around hare. Garnish with Boiled Rice and serve.

Lamb, Creole Style

2 cups cold cooked lamb
¼ cup chopped pepper
2 tablespoons chopped onion
½ teaspoon salt
1 teaspoon horse-radish
¼ cup butter
¼ cup flour
1 cup Brown Stock
1 cup tomato purée
1 teaspoon lemon juice

Melt butter; add pepper and onion, cook five minutes; add flour; when blended, add stock and tomato; when mixture boils, add remaining ingredients; when meat is heated through, serve on a hot platter and garnish with Boiled Rice.

Chicken Tamales

3 cups chicken meat
6 red peppers
¼ cup chopped onion
½ cup vinegar
1 cup bread crumbs
1 cup tomatoes
10 olives chopped
1 egg

Chop the chicken meat. Chop peppers and onion and soak in vinegar one hour. Drain, add remaining ingredients. Shape like croquettes. Roll in corn meal and wrap in corn husks. Tie the ends to keep the mixture in. Steam three hours. Dry in oven ten minutes.

Stuffed Squash

Cut a summer squash in halves. Scoop out pulp, strain in cheese cloth. To the pulp add an equal amount of cracker crumbs and twice as much chopped ham or veal or shrimps. For four cups of the above mixture, add the following: Melt two tablespoons butter, add two tablespoons finely chopped pepper, one tomato cut in pieces, and one beaten egg. Add the squash mixture, and cook ten minutes. Fill squash shells and bake ten minutes.

Sweet Potato Pone

4 cups hot mashed sweet potato
1 cup hot milk
2 tablespoons ginger
1 cup butter
1 cup sugar
1 orange rind and juice
¼ teaspoon salt

Cream the butter, add sugar; when creamy add remaining ingredients, beat well, pour into a buttered pan, and bake one hour in a moderate oven.

Maryland Artichokes

4 tablespoons butter
½ cup bread crumbs
2 cups cooked artichokes
few drops onion juice
1 teaspoon chopped parsley
¼ teaspoon salt
1 cup milk
few grains cayenne

Melt butter, add remaining ingredients, cook ten minutes, and serve on hot buttered toast.

Crabs, Creole Style

6 crabs
2 tablespoons butter
2 tablespoons chopped onion
2 tablespoons flour
2 cups tomato
¼ teaspoon salt
⅛ teaspoon pepper
few grains red pepper

Boil the crabs, remove the meat. Melt butter, add onion and cook until yellow; add flour; when smooth add tomatoes. Cook ten minutes; add seasonings and crab meat. Serve on slices of hot buttered toast and garnish with strips of red pepper.

Alabama Salad

2 onions
4 cucumbers
¾ cup sour cream
¼ cup vinegar

Chop onions very fine. Pare and slice cucumbers, sprinkle with salt, cover with ice water and let stand one hour. Drain, add onions, sprinkle with cayenne, and dress with cream and vinegar mixed together. Serve on lettuce leaves.

Orange Salad

6 oranges
6 tablespoons olive oil
3 tablespoons tarragon vinegar
¼ teaspoon salt
½ cup port wine
1 teaspoon sugar
2 heads lettuce

Peel the oranges, and remove as much of the white skin as possible. Slice in very thin slices. Mix olive oil, vinegar, and salt. Pour over oranges; let stand one half hour. Remove oranges, and pour over them wine and sugar. Let stand in refrigerator one hour. Serve on shredded lettuce. This salad is especially good to serve with game.

Southern Potato Salad

Cut six potatoes into uniform cubes. Cover cubes with boiling water; add two slices onion, one and one half teaspoons salt, and cook until potatoes are tender. Drain, cover with French Dressing when cool, chill and serve on shredded lettuce.

Southern Salad

1 cup cold ham
1 cup cold chicken
1 cup cold potatoes
1 tablespoon onion
1 cup celery
½ cup red or green pepper
½ cup French Dressing

Mix all the ingredients and marinate with French Dressing. Drain, arrange on crisp lettuce leaves and garnish with Mayonnaise Dressing.

Louisiana Chow Chow

2 cauliflowers
8 green tomatoes
2 cups small cucumbers
1 cup button onions
4 red peppers
1 teaspoon whole cloves
1 teaspoon celery seeds
1 teaspoon mustard seeds
4 green peppers
2 cups sliced cabbage
4 large cucumbers
4 quarts vinegar
2 tablespoons horse-radish
1 cup salt
1 cup granulated sugar
2 quarts boiling water

Peel onions and cook in boiling water ten minutes. Drain. Boil salt and water five minutes; add the vegetables, and let stand twenty-four hours. Drain. Put in preserving kettle; add remaining ingredients, and simmer two hours. Put into sterilized jars and seal.

Lady Baltimore Cake

1 cup butter
2 cups sugar
8 egg yolks
1 whole egg
⅛ teaspoon salt
3¾ cups flour
4 teaspoons baking powder
¾ cup milk
8 egg whites
1 teaspoon vanilla or almond

Cream butter; add sugar. Beat yolks and whole egg; add salt, and add to sugar mixture. Mix and sift flour and baking powder, and add to egg mixture alternately with milk. Beat whites until stiff; add flavoring; add to egg mixture. Bake in buttered layer cake pans twenty minutes. Fill with Baltimore Filling, and frost with Boiled Frosting.

Baltimore Filling

2 cups sugar
½ cup boiling water
1 cup chopped walnuts
2 egg whites
1 tablespoon lemon juice
1 cup chopped cherries

Boil sugar and water until a thread is formed. Pour on to the beaten whites; add lemon juice, and beat until creamy; add nuts and cherries and use for filling.

Virginia Fruit Cake

½ cup butter
¾ cup sugar
3 eggs
1 cup flour
1 teaspoon baking powder
1 teaspoon nutmeg
1 tablespoon lemon juice
1 cup currants
1 cup raisins
½ cup citron
1 teaspoon cinnamon
½ teaspoon cloves
2 tablespoons brandy
½ tablespoon grated lemon rind

Cream butter, add sugar; when creamy add eggs well beaten, and remaining ingredients. Bake in an angel cake pan about two hours.

Orange Cakes

½ cup butter
¾ cup sugar
½ cup milk
2¼ cups flour
4 teaspoons baking powder
2 eggs
½ cup candied orange peel

Cream butter; add sugar, flour in which baking powder has been sifted, alternately with milk; beat well, add well-beaten eggs and finely chopped orange peel. Drop from a teaspoon on to a buttered sheet; bake in a quick oven.

Maryland Cookies

2 cups flour
½ cup brown sugar
¾ cup butter
¼ cup Lowney's Cocoa
¼ teaspoon salt
½ teaspoon vanilla

Mix and sift flour, sugar and cocoa; add butter, chop until well blended. Roll very thin, sprinkle with granulated sugar, cut with cooky cutter, bake on a buttered sheet in a moderate oven.

Baltimore Cookies

½ cup beef suet
½ cup molasses
⅞ cup flour
1 cup brown sugar
1 tablespoon ginger
1 tablespoon chopped orange peel
½ teaspoon salt

Heat molasses and suet; when well mixed add remaining ingredients. Drop from a teaspoon on to a buttered sheet; bake in a slow oven.

Cocoa Macaroons

2 eggs
1 cup flour
½ cup sugar
¼ cup Lowney's Cocoa
½ cup finely chopped almonds
¼ teaspoon salt
1 teaspoon baking powder
1 teaspoon lemon juice

Mix and sift dry ingredients; add eggs well beaten and lemon juice. Roll in small marbles, dip in cinnamon and sugar. Bake on a sheet in a quick oven.

Pecan Pralines

2 cups brown sugar
¼ cup boiling water
1 cup pecan nut meats
2 tablespoons butter

Boil sugar and water together, add nuts and butter; cook five minutes, remove from stove, beat one minute, then drop by spoonfuls on to a buttered pan.

Maple Cocoanut Pralines

2 cups maple sugar
½ cup cream
1 cup cocoanut
2 tablespoons butter

Mix all ingredients and boil until the whole mixture is a mass of bubbles. Pour on to a buttered platter or marble slab and mark when cool.

Baltimore Cup

1 pineapple cut in cubes
3 oranges sliced
4 peaches cut in pieces
¼ cup lemon juice
2 tablespoons cordial or sherry
sugar

Mix the ingredients, sweeten to taste, and chill. Serve Raspberry Sherbet in bottom of champagne glasses, pour over sherbet fruit mixture, garnish with raspberries.

Chocolate and Fruit Macedoine

Arrange chilled shredded pineapple, bananas cut in cubes, and preserved peaches or pears in champagne glasses, sprinkle with lemon juice, pour over whole Chocolate Sauce, and garnish with beaten cream, angelica and candied cherries.

Chocolate Junket

2 cups milk
½ cup sugar
⅓ cup boiling water
¼ cup grated chocolate
few grains of salt
1 junket tablet
1 cup chopped walnuts
1 tablespoon sherry wine

Scald milk, cool slightly, add sugar, water and chocolate; when thoroughly dissolved add crushed junket tablet, salt and wine. Turn into serving dish, keep in warm place until thick, then chill. Garnish with beaten cream and chopped nuts.

Chocolate Pudding

¼ cup butter
1 cup sugar
1 egg
¾ cup milk
¼ teaspoon salt
2 cups flour
4 teaspoons baking powder
3 squares Lowney's Premium Chocolate
½ teaspoon vanilla

Melt butter, add remaining ingredients, except chocolate; when thoroughly mixed add melted chocolate. Pour into buttered individual molds. Cover and steam one and one half hours. Serve with Cream Sauce.

Mississippi Custard

4 cups milk
6 eggs
½ cup sugar
½ teaspoon salt
¼ cup sherry wine
1 tablespoon lemon juice

Beat yolks of eggs, add sugar and salt. Scald the milk, pour on to egg mixture, cook in double boiler until mixture thickens. Beat whites of eggs until stiff; place in purée sieve. Pour over them one quart of boiling water to which has been added the lemon juice. Arrange the custard and whites of eggs in layers in serving dish, sprinkling each layer with sherry wine. Have the whites of eggs on the top layer, dredge with granulated sugar, chill and serve.

Orange Pudding

2 cups scalded milk
1 cup soft bread crumbs
4 eggs
1 tablespoon lemon juice
½ cup sugar
½ cup orange juice
grated rind of 1 orange
¼ cup chopped almonds
½ teaspoon salt

Pour milk over bread crumbs. Beat eggs, add other ingredients. When blended add bread and milk mixture. Steam in individual molds or one half pound baking powder boxes three fourths of an hour. Remove to serving dish; garnish with slices of orange and Hard Sauce served in Orange Baskets.

Georgia Cream

1 pint Lemon Jelly
2 cups milk
4 eggs
1 cup sugar
2 ounces gelatine
¼ cup candied cherries
¼ cup candied pineapple
¼ cup blanched almonds

Line a mold with Lemon Jelly. Make a custard with milk, eggs and sugar; add gelatine, and stir until mixture begins to thicken, then add fruit and nuts. Pour this mixture into the center of the mold, leaving the Lemon Jelly border. Chill, and serve with sweetened cream.

Orange Roly Poly

2 cups flour
2 tablespoons lard
1 teaspoon salt
4 teaspoons baking powder
¾ cup milk
3 oranges cut in slices
½ cup sugar
2 tablespoons chopped orange peel

Mix flour, salt and baking powder, add lard, and chop until fine like meal; add milk, shape in oblong piece spread with oranges and orange peel, and sprinkle with sugar. Roll like a jelly roll, pinch the edges together. Place on plate in steamer and steam one and one half hours. Serve with Orange Sauce.

Chestnut Cream

½ pound chestnuts
1½ cups milk
½ cup sugar
3 egg yolks
1 tablespoon granulated gelatine
¼ cup cold water
1 tablespoon sherry wine

Shell the chestnuts, boil and mash. Scald milk; add sugar and eggs, and cook until of a creamy consistency. Mix gelatine and cold water. Add to custard mixture. When well blended add chestnuts and flavoring. Pour into mold, chill, serve garnished with beaten cream.

Pineapple Sponge

2 cups grated pineapple
1 cup sugar
1½ tablespoons gelatine
¾ cup cold water
3 tablespoons lemon juice
3 egg whites
grated rind of 1 lemon
few grains of salt

Mix pineapple, sugar, and one half cup water. Cook twenty minutes; add gelatine which has been soaked in one quarter cup water. Strain, set on ice to chill. When it begins to thicken add seasonings and beaten whites. Beat until stiff. Mold, chill and serve.

CHAPTER XXII

ECONOMICAL RECEIPTS

Baked Beans

4 cups beans
½ pound salt pork
1 tablespoon salt
4 tablespoons sugar or
4 tablespoons molasses
½ tablespoon mustard

Soak beans over night, drain, cover with cold water and simmer until tender when pierced with a darning needle. Drain, pour one half of beans into bean pot; add salt, sweetening and mustard. Place salt pork which has been scored on top of beans, cover with remaining beans and cover whole with boiling water.

Cover bean pot and bake in a slow oven eight hours. Uncover the last hour of cooking.

Many people cook one small onion with the beans. To score pork, cut the pork rind into small squares.

Oatmeal Muffins No. 2

1 cup milk
1 cup uncooked oatmeal
2 tablespoons lard or suet
¼ cup lukewarm water
½ cup molasses
2 to 3 cups entire wheat flour
½ yeast cake
1 teaspoon salt

Scald milk; add oatmeal and shortening; let stand until cool. Dissolve yeast in lukewarm water, add molasses, combine mixtures, add entire wheat and salt, knead, let rise, knead, shape, let rise, and bake.

Oatmeal Wafers No. 2

1 cup rolled oats
1 egg
¼ teaspoon salt
1 tablespoon butter
½ cup sugar

Beat egg, add remaining ingredients, drop from a teaspoon on to a buttered sheet. Bake in a moderate oven.

Flaked Rice Macaroons

Substitute one and one half cups flaked rice for the rolled oats, and follow the directions for Oatmeal Wafers.

Boiled Kale

Remove leaves, reject stalks, wash in several waters. Cook in boiling salted water. Drain, season, and serve like spinach.

German Cabbage

1 small red cabbage
¼ cup bacon fat
1 tablespoon chopped onion
½ teaspoon salt
few grains cayenne
few grains nutmeg
¼ cup vinegar
2 teaspoons brown sugar

Chop cabbage and soak in cold water. Melt bacon fat, add onion, cook five minutes; add cabbage, salt, cayenne and nutmeg, cook until cabbage is tender. It should steam, and no water should be added. Add sugar and vinegar, cook five minutes, and serve.

Vegetable Croquettes

1 cup cooked rice
2 cups baked beans
½ cup mashed potato
salt and pepper
few drops onion juice
1 tablespoon butter
2 tablespoons flour
½ cup tomato

Melt butter, add flour; when blended, add tomato, cook five minutes, add remaining ingredients, chill, shape, and fry.

Salt Mackerel

1 salt mackerel
2 tablespoons butter
1 cup milk
⅛ teaspoon pepper
1 tablespoon flour

Soak the mackerel over night in cold water to cover. In the morning drain, wash, rinse in cold water, and place flesh side up in dripping pan.

Cover with milk, and cook in a moderate oven about twenty minutes. Melt butter, add flour; when well blended, mix with milk in pan, and cook five minutes. Serve on hot platter and pour sauce over fish, sprinkle with pepper.

Fish Balls

1 cup raw salt codfish
2¼ cups potato cubes
1 egg
¼ teaspoon pepper
⅛ teaspoon salt
1 tablespoon butter

Shred the codfish and press into the cup, put the potatoes in a saucepan, add fish, and cover with boiling water. Cook until potatoes are tender but not mushy. Drain in a colander, mash thoroughly. Add salt, pepper and butter, beat with a fork until light and fluffy, add egg well beaten and beat again. Shape into balls or drop from a tablespoon. Fry in deep fat, drain on brown paper, serve hot.

Salt Fish Cakes

2 cups salt codfish
2 cups hot mashed potato
1 tablespoon butter
¼ cup milk
⅛ teaspoon pepper
¼ teaspoon salt

Soak the fish one or two hours. Drain, cover with cold water, and simmer until fish is tender. Drain and chop. Add mashed potato and seasonings, beat well, shape into round flat cakes, and sauté in hot pork fat. Serve on hot platter and garnish with crisp cubes of fat salt pork.

Fresh Fish Cakes

Substitute two cups of cooked fresh fish for the salt codfish, and proceed as for Salt Fish Cakes.

Salt Fish Soufflé

2 cups cooked salt fish
2 cups mashed potatoes
4 eggs
4 tablespoons butter
¾ cup cream or rich milk
salt and pepper

Mix fish and potatoes and beat well, add cream and seasonings. Beat yolks of eggs until lemon-colored and thick, add to fish mixture, when thoroughly blended add stiffly beaten whites, carefully cutting and folding them in. Pour into a buttered baking dish, bake in a moderate oven about thirty minutes.

Codfish Omelet

2 eggs
1 cup codfish
1 tablespoon butter
2 tablespoons flour
¼ cup milk

Melt butter, add flour, when blended add scalded milk and codfish, cook two minutes. Beat yolks of eggs until lemon-colored and thick; add fish mixture. Beat whites until stiff, cut and fold beaten whites into fish mixture. Cook like Foamy Omelet.

Fish Pudding

2 cups cooked fish
½ cup thick White Sauce
salt
few drops onion juice
2 eggs
pepper

Press the fish through a purée sieve, season, add White Sauce, and beat well. Beat yolks of eggs until lemon-colored and thick, add to fish mixture. Cut and fold in the stiffly beaten whites of eggs, and bake in moderate oven twenty minutes.

Smoked Herring

Cover herring with boiling water. Let stand twenty minutes. Drain, skin, and broil over a clear fire ten minutes, or bake in oven fifteen minutes. Spread with butter and serve hot.

Corned Beef Hash No. 2

2 cups corned beef
2 cups chopped potatoes
1 cup chopped beets
1 slice chopped onion
1 teaspoon salt
¼ cup milk or hot water

Mix all the ingredients. Grease an iron frying pan, heat, add hash, spread evenly, cover, and cook slowly one hour. Fold, turn, and serve.

Vegetable Hash

½ cup chopped carrots
1 cup chopped potatoes
½ cup chopped turnips
few drops onion juice
2 cups chopped cabbage
1 cup chopped beets
2 tablespoons beef fat
¼ cup milk or hot water
salt and pepper

Melt the fat in an iron frying pan; when hissing hot, pour in the above ingredients, spread evenly, cover, and cook slowly one half hour. Fold, turn, and serve.

Lamb Stew

2 pounds breast of lamb
2 cups boiling water
2 cups potato cubes
2 tablespoons butter or pork fat
½ cup sliced onion
2 tablespoons rice
1 cup strained tomato
salt and pepper

Brown the onions in hot fat, cut meat in two-inch pieces, add to onions, cover with hot water, and simmer two hours. Parboil potatoes. Add rice when meat has cooked one hour. Add parboiled potatoes one half hour before serving. Add tomato ten minutes before serving. Season with salt and pepper. The tomato may be omitted and one cup of water substituted.

Scalloped Mutton

2 cups Tomato Sauce
1 cup cooked macaroni
2 cups mutton cut in cubes
1 cup cracker crumbs
¼ cup melted butter
salt and pepper

Arrange the macaroni, mutton, and Tomato Sauce in layers, sprinkle each layer with salt and pepper, cover the top with the cracker crumbs which have been mixed with the butter, bake until the crumbs are brown.

Barbecued Lamb

1 forequarter of lamb	¼ cup vinegar
2 cups water	1 teaspoon Kitchen Bouquet
1 tablespoon salt	1 teaspoon Worcestershire Sauce

Remove the bones from the lamb and tie in a roll. Place lamb on trivet in dripping pan, and pour the remaining ingredients over it. Cook in moderate oven, baste every ten minutes. Allow twenty minutes to the pound for cooking.

Serve with Tomato Sauce.

Veal Balls

2 cups chopped raw veal	1 tablespoon vinegar
½ cup chopped raw salt pork	1½ teaspoons salt
1 cup cracker crumbs	1 tablespoon flour
½ cup water or stock	1 egg
few drops onion juice	

Mix the ingredients and shape into balls. Sauté in salt pork fat. Cover with Curry Sauce and cook in oven one hour. Serve on a bed of rice or macaroni.

Stewed Kidneys on Toast

2 lambs' kidneys	2 teaspoons salt
2 cups water	½ teaspoon pepper
2 slices onion	2 tablespoons butter
4 slices toast	2 tablespoons flour

Remove thin skin from kidneys and cut in small pieces; soak in cold water to cover for one hour. Drain, add two cups water and onion, and simmer until kidneys are tender. Melt butter, add flour and seasonings, and thicken water in which kidneys were cooked; cook five minutes.

Arrange kidneys on toast, and strain sauce over them. Serve immediately.

Stewed Heart

2 hearts
2 tablespoons pork fat
2 tablespoons chopped onion
3 cups cold water
salt and pepper
flour

Wash the hearts (calves' or lambs' hearts are the most tender). Sprinkle with salt and pepper and dredge with flour. Sauté in pork fat, adding onion when half sautéd. Cover with water and cook in covered dish in a slow oven for about three hours, adding more water if needed. Arrange hearts on platter, strain gravy over them, and garnish with toast points.

Calf's Heart Stuffed

Wash the heart, stuff with Cracker Stuffing. Sew. Arrange one half cup each of onions and carrots in the bottom of a baking dish, place the heart on this bed. Sprinkle with salt and pepper, dredge with flour, and bake two hours. Baste often with pork fat. Remove from pan and make a brown gravy, using three tablespoons of the fat from the pan, adding three tablespoons flour and one and one half cups boiling water. Serve gravy around heart.

Liver Loaf

1 calf's liver
½ cup bread crumbs
½ teaspoon salt
1 teaspoon Kitchen Bouquet
1 tablespoon vinegar
4 slices salt pork chopped
2 tablespoons chopped onion
1 cup water or stock
few grains of cayenne
few gratings of nutmeg

Wash the liver and chop, cook in boiling water five minutes, drain, add bread crumbs and chop, add remaining ingredients, and press into bread pan. Cover, and bake one hour in slow oven.

Nut Loaf

2 cups soft bread crumbs
1 cup milk
2 cups chopped nuts
½ teaspoon salt
1 egg
1 teaspoon Kitchen Bouquet
⅛ teaspoon pepper
1 tablespoon butter or bacon fat

Soak the crumbs in milk until soft, add remaining ingredients. Pour into bread pan, baste with water, butter, or pork fat, and bake one hour. Serve hot or cold with Tomato Sauce.

Mutton Pot Roast

Wipe, roll, and skewer the forequarter of mutton from which the bones have been removed. Brown in a small amount of fat in a hot frying pan. Parboil four potatoes. Drain. Put a layer of potatoes in deep pudding dish, cover with a layer of sliced onions, sprinkle with flour, salt, and pepper. Put the meat on the vegetables and add one cup water or stock. Cover and cook in a slow oven three hours. Add more liquid if needed, but if the oven is right, no more should be necessary.

Sautéd Salt Pork

Cut salt pork in one fourth inch slices, cover with boiling water, and cook five minutes. Drain, arrange in frying pan, and cook slowly for five minutes, then more rapidly until crisp and brown on both sides.

Salt Pork in Batter

Cut salt pork in thin slices, cover with boiling water, and cook five minutes. Drain and sauté, or dip in Fritter Batter, and sauté in pork fat or fry in deep fat.

Broiled Kidneys

2 kidneys
4 tablespoons cracker crumbs
2 tablespoons butter melted
salt, pepper and lemon juice

Remove the thin skin from the kidneys, and cut in one fourth inch slices. Wash, soak in acidulated water one half hour. Drain, season, dip in butter, then in crumbs, and broil five minutes. Serve on hot platter with Maître d'Hôtel Butter.

Pot Roast

Season a solid piece of beef, either the round or vein, with salt and pepper. Dredge with flour. Brown in a frying pan with a small amount of fat. Place in kettle, add one cup boiling water, cover closely, and cook in slow oven until meat is tender. If the water cooks away, add just enough to keep the meat from burning. Serve hot with Brown Gravy or Tomato Sauce.

Cottage Pie

1 cup chopped meat
1 cup hot water or gravy
2 cups hot mashed potato
½ teaspoon salt
½ cup hot milk
1 tablespoon butter
few grains celery salt
⅛ teaspoon pepper

Put meat in casserole, add salt and pepper to taste, and the hot water. Mix the remaining ingredients with the mashed potato, and spread on top of meat; bake in hot oven until potato is brown.

Rice with Cheese

2 cups steamed rice
2 tablespoons butter
½ teaspoon salt
½ cup grated cheese
few grains cayenne
milk

Arrange rice and cheese in alternate layers in buttered baking dish, add remaining ingredients, allowing sufficient milk to moisten. Cover with buttered cracker crumbs. Bake until crumbs are brown.

Cottage Cheese

Pour sour milk into a cheese cloth. When all of the whey has drained through, season the curd with salt, add a

very small amount of butter or cream, and form into balls. Chill and serve. If the curd is not thick, it may be necessary to heat the sour milk, but heat is apt to make the curd tough.

Cranberry Sauce

2 cups sugar
1 cup cranberry juice
1 tablespoon butter
2 tablespoons lemon juice

Boil sugar and juice seven minutes, add butter, and serve.

Sour Cream Gingerbread

1 egg
½ cup molasses
½ cup sugar
¾ cup sour cream
2 teaspoons soda
3 teaspoons ginger
2 teaspoons cinnamon
½ teaspoon salt
2 cups flour

Mix and sift the dry ingredients three times. Beat egg, add cream, molasses, and remaining ingredients, and beat until smooth. Pour into buttered pan and bake in moderate oven twenty to thirty minutes.

Peach Tapioca

1 cup evaporated peaches
1 cup sugar
1 cup tapioca
2 cups boiling water
1 tablespoon lemon juice
½ teaspoon salt

Cover peaches with cold water and soak over night. Cover tapioca with cold water and soak two hours. Drain tapioca, add boiling water and salt, and cook in double boiler until transparent. Drain peaches, add sugar, and cook in double boiler until tender; add lemon juice. Put peaches in bottom of baking dish, pour over tapioca mixture, and bake twenty minutes. Serve hot or cold with sugar and cream.

Apricot Tapioca

Prepare the same as Peach Tapioca, substituting one cup apricots for the peaches.

Rhubarb and Raisin Pudding

2 cups bread crumbs
2 cups rhubarb
¼ cup chopped lemon peel
¼ cup raisins
¼ cup sugar
1 tablespoon lemon juice

Arrange ingredients in layers, having crumbs on top layer. Dot over with butter. Cover and cook one hour.

Gooseberry Trifle

2 cups green gooseberries
1 cup sugar
½ cup pearl tapioca
2 cups boiling water
1 tablespoon lemon juice

Soak tapioca over night. Cook in boiling water until transparent. Cook gooseberries and sugar together until soft; add lemon juice. Combine mixtures and serve cold.

Cranberry Puffs

2 cups cranberries
2 cups flour
4 tablespoons shortening
2 eggs
1 cup milk
4 teaspoons baking powder
1 teaspoon salt

Mix and sift dry ingredients, add shortening, and chop until mealy; add well-beaten eggs and cranberries. Pour into popover bowls and steam one and one half hours. Serve with Cranberry Sauce.

Tapioca and Prune Pudding

8 tablespoons tapioca
3 cups water
½ teaspoon salt
grated rind and juice of ½ lemon
1 cup prunes
⅓ cup sugar

Soak tapioca over night. Cook in double boiler until transparent. Soak prunes over night. Drain, add one cup water, and simmer until tender. Remove stones and cut prunes in pieces. Add seasonings to tapioca. Arrange tapioca and prunes in layers in a buttered pudding dish. Cover, bake in a moderate oven one half hour. Serve with sugar and milk.

Rhubarb Pudding

8 slices bread
4 tablespoons butter
2 cups rhubarb
2 cups sugar

Butter the bread, arrange buttered bread, rhubarb cut in small pieces, and sugar in layers in buttered baking dish. Steam one hour and bake uncovered one half hour.

Apple Compote with Rice

3½ cups sugar
2½ cups water
6 apples
4 slices of lemon
2 cups cooked rice

Cook sugar and water together ten minutes. Pare, core, and cut apples in thick round slices. Add lemon slices to sirup, and cook apples, a few slices at a time, until all are cooked. Arrange rice in bottom of serving dish. Arrange slices of apple overlapping each other, on top of rice. Boil the sirup until thick, and pour over apples. Cool and serve. Pears, peaches, or oranges may be substituted for apples.

Cocoanut Custard

2 cups milk
1 teaspoon cornstarch
⅛ teaspoon salt
1 egg
¼ cup sugar
1 cup cocoanut

Scald milk, add cornstarch which has been mixed with a small amount of cold milk, cook ten minutes. Mix other ingredients, add to cornstarch mixture, cook one minute. Pour into serving dish. Chill and serve.

We also call attention to the following economical dishes given elsewhere in the book and to be found in the Index.

Soups

Bean Soup
Baked Bean Soup
Cabbage Soup
Sorrel Soup
Rice Soup
Onion Soup
Pea Soup
Spinach Soup
Potato Soup

Soups — *Continued*

Tomato Soup
Vegetable Soup
Black Bean Purée
Split Pea Purée
Lentil Purée
Potato Chowder
Corn Chowder
Salt Codfish Chowder

Meats

Braised Beef
Spiced Beef
Stewed Beef
Pot Roast
Beef Ragoût
Hamburg Steak
Pork Chops
Fried Calf's Liver
Broiled Pig's Feet
Calf's Heart stuffed

Miscellaneous

Corn Meal Mush
Goldenrod Eggs
Rice Croquettes
Turkish Pilaf

Salads

Lima Bean Salad
Cabbage Salad
Onion Salad
Potato Salad
Rice and Vegetable Salad
Apple Salad
Vegetable Salad

Desserts

Blanc Mange
Chocolate Blanc Mange
Irish Moss Blanc Mange
Chocolate Irish Moss Blanc Mange
Cornstarch Pudding
Tapioca Pudding
Apple Tapioca
Apple Sago
Danish Pudding
Chocolate Bread Pudding
Baked Apple Dumpling
Scalloped Apple
Apple Dumpling
Brown Betty
Apple Charlotte
Apples on a Bed of Rice
Apple Indian
Indian Pudding Steamed
Indian Rice Pudding
Indian Tapioca
Rice Pudding
Sour Milk Gingerbread
Hot Water Gingerbread

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GLOSSARY

Anchovy — A fish caught in the Mediterranean.

Anchovy Essence — Consists of pounded anchovies cooked with water, vinegar, spices, and mushrooms.

Angelica — A plant, the stalks of which are preserved, used for decorating.

Appetizers — Cold hors d'œuvres, side dishes, served preliminary to the dinner, supposed to create an appetite for something more substantial.

Aspic — Savory jelly.

Au, Aux — To or with.

Baba Cakes — Sweet Cakes raised with yeast.

Bain-marie — A double boiler.

Bisque — A paste or purée.

Blanch — To scald.

Bombe — Ices in a mold, an outside coating of one kind, a filling of another.

Bouchée — Mouthful.

Bouillon — Beef broth.

Brioche — A bread made rich with eggs.

Brochette — A skewer.

Canapé — Pieces of toast or bread, spread with some mixture.

Caviare — Salted and smoked sturgeon roe.

Curaçoa — A cordial.

Cutlets — Steaks of veal, lamb, mutton, or pork.

Entrée — A made dish served as a course or between courses.

Foie-gras — Fat liver; especially the liver of fat geese.

Fondue — Cheese and eggs cooked together.

Fondant — Cooked and beaten sugar, ready to flavor and mold for centers of bonbons.

Française — In French style.

Frappé — Half frozen.

Fricassee — Originally meat fried and served with a sauce.

Gherkins — Small cucumbers.

Giblets — The neck, liver, gizzard, and heart of poultry or game.

Glacé — Glossed over.

Hors d'œuvres — Side dishes.

Italienne — In Italian style.
Jardinière — Mixed vegetables.
Koumiss — Fermented milk.
Macedoine — A mixture of several fruits or vegetables.
Marinade — A pickle composed of vinegar, oil, salt, and pepper.
To Marinate — To pickle in a French Dressing.
Marrons — Chestnuts.
Mayonnaise — Salad sauce.
Meringue — Mixture of sugar and white of egg beaten together.
Mignon — Small.
Mousse — Moss, froth, something light and spongy.
Mulligatawny — Curry soup.
Noir — Black.
Papillote — Paper.
Parfait — Perfect.
Pâté — Paste.
Pilaf — Turkish dish of rice and tomatoes.
Potage — Soup.
Printanière (à la) — With young spring vegetables.
Purée — Ingredients rubbed through a sieve.
Ragoût — A highly seasoned fish or meat dish.
Rissoles — Something crisp.
Riz — Rice.
Roux — Butter and flour mixed and used for thickening.
Sabayon — A custard flavored with wine.
Salamander — An iron, similar to a large poker, used for browning surfaces, which cannot be placed in the oven.
Salmi — A rich stew, generally of game.
Scones — Scotch name for baking powder biscuit.
Sippett — Small cubes of fried bread.
Sorbet — Frozen punch.
Soufflé — A puff, something light and fluffy.
Syllabub — Old English name for whipped and flavored cream.

INDEX

REGISTERED

"NAME ON EVERY PIECE"

LOWNEY'S

CHOCOLATE BONBONS

Are known and sold almost everywhere. The reason they have the largest sales in the world is that they are superfine goods at reasonable prices. They are made of Mother Nature's own fruits and saps and nuts—*pure.*

Owing to their purity, you can eat them freely and still be happy. They are safe for children.

The dinner table is not complete without a dish of bonbons to decorate it, and to enjoy at dessert.

LOWNEY'S BONBONS ARE UNIFORM, DELICIOUS, PURE

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2 scant cups of butter
3 cups dark brown sugar
6 eggs whites and yolks beaten seperat
1 pound raisins
1 currants
½ citron
½ cup molasses
½ cup sour milk
stir butter and sugar to a cream
½ nutmeg
1 tablespoon cinnamon
1 teaspoon cloves
1 mace
add molasses and sour milk stir
well then add the yolks one gl
brandy stir again 4 cups sifted
flour alternately with beaten whi
dissolve teaspoonful of soda Mix
fruit togather stir in two table
spoon put in Cake.

Fruit Cake Snyders

2 cups of sugar
1 cup butter
cup molasses
" strong coffee
4 eggs
- teaspoon [illegible] cinnamon & cloved
1/2 teaspoon [illegible] soda
nutmeg
cup currants
2 cups raisins.
1 cups flour

Barley Cake

2 cups Brown Sugar
2 " Water
1 big tablespoonful lard
½ cup raisins
Salt
1 teaspoonful cinnamon
" cloves
2
Cook this until it boils
then cool and add
1+ cup Barley flour
1+ " Wheat flour
1 teaspoonful soda
Nuts if desired

[illegible] Relish [illegible]

1 doz ears corn
" green peppers
3 red peppers
1 qt green cucumbers
1 qut onions
2 quarts ripe tomatoes
2 quarts vinegar
1 quart sugar
ounce of celery seed
tablespoon of tumeric pond
" " of mustard dry
banful salt.
rind tomatoes and cucumbers
put in a sack drain over nigh
then grind onions & peppers
Cut corn from cob
dissolve tumeric [illegible]

[illegible] minutes and seal

READ THIS

HOW TO USE A COOK BOOK

Read it thoroughly, especially the introductions to chapters and the whole of Part I, where the sections on Marketing, Methods of Cooking, and Just How will be helpful to everybody and the other sections useful for special purposes. It is important to know the difference between frying and sautéing and between boiling and simmering; how to clarify fat; how to egg and crumb, and many other things that are treated in Part I and cannot be repeated in the receipts.

At the beginning of the chapter on Cereals, for instance, will be found general directions for their preparation for which there is no room in each receipt, and the same is true of the section on Pastry under Desserts and the chapters on Meats, Fish, Vegetables, Sandwiches, Frozen Desserts, etc.

Don't confine your use of a cook book to merely consulting an individual receipt as it is wanted.

The Index is a valuable part of the book and use of it should be made always to save searching. Most receipts are entered there twice. For instance, Green Turtle Soup will be found under "Soups" and also under "Green" and Dutch Apple Cake will be found under "Cakes" and under "Dutch."

The Glossary, page 387, will give definitions of most of the French words and technical terms used in the book.

The Bibliography, page 385, will furnish the names of thirty or more books that will be useful to those who want a small library on culinary science. Or any one of them can be ordered of the nearest bookseller if the title and author's name is furnished. Lowney's Cook Book is the only book on sale by The Walter M. Lowney Company.

Follow the Receipts exactly. Every rule in Lowney's Cook Book has been tried at least twice for this book in order to insure accuracy of measurements. You will get the best results by using the materials carefully measured just as prescribed in the receipts. The table of weights and measures on page 33 will be helpful. The only possible excuse for departing from the quantities called for is where you suspect your materials to be of less strength than pure materials should be.

The rules for length of time in cooking should also be carefully observed.

Some kitchens do not contain all the condiments, etc., called for in the book. We can only say that you will not be able to get such delicious, satisfying results without them; but you may get fair results, especially if you use good judgment and have cultivated your skill in making dishes taste right. But nothing will take the place of the spice bag in making soups or of proper seasoning in a host of other dishes.

THE GROWTH AND PREPARATION OF COCOA

Cocoa and chocolate are the roasted and ground product of the beans of a delicate tropical tree, usually grown in the shade of larger and hardier trees and known as "Theobroma Cacao." This name was given to it by the distinguished botanist, Linnæus, out of compliment to its delicious flavor and nutritious qualities, — the word meaning "the food of the gods." The beans are obtained from large pods shaped somewhat like cucumbers, which grow on the trunk and lower branches of this tree.

Cocoa has nothing whatever to do with the cocoanut, the fruit of a variety of palm tree; nor with coca, a nerve tonic derived from a variety of South American flax; nor with cocaine, a dangerous anæsthetic.

Cocoa differs from chocolate only because a portion of the cocoa butter has been pressed out of cocoa; whereas chocolate retains the full amount of this remarkable vegetable fat, which is extremely nutritious and has the quality of never becoming rancid. To the latter fact cocoa butter owes its popularity as a cosmetic.

Chocolate had been known to the Aztecs and had been a favorite drink with them — and especially with their king, Montezuma — long before the conquest of Mexico by Cortez, who was the first to introduce it into Europe.

The Spaniards, desiring to keep a good thing to themselves, were very secretive about the new beverage and its preparation, and this attitude accounts for the remark-

able slowness with which it became known to Northern Europe. Moreover, its price was almost prohibitive in those days. It took two centuries for it to become really known in London, and it is only in modern times that cultivation and improved methods have brought it into general consumption at a low price. When we consider its nutritive value as a food in addition to its delicious flavor as a beverage, cocoa is the cheapest beverage there is. Chocolate has several times the value of beef per pound and the same is true in only a slightly less degree of cocoa; and cocoa has the added advantage of being so very digestible that it is suited for the use of children and invalids.

After the pods containing the beans are collected, they are cut open, and the beans—some twenty-five or more to each pod—are scooped out, together with a small amount of the pulp surrounding them and are very slightly fermented in tanks or pits. This process of fermentation largely determines the flavor and their selling value.

After being dried thoroughly in the sun they are packed in bags and shipped to the northern markets. Some of the highest quality of beans come from Venezuela, Trinidad and Ecuador, but they are cultivated also in many of the West India islands, in tropical South America, the west coast of Africa, Ceylon, Java, and even in some of the islands of the Pacific.

The process of manufacture begins with roasting the beans to just the right degree to produce the best flavor, after blending the different varieties so as to insure a fullness and richness of taste. These two processes are most important in determining the quality of cocoa. The roasted beans are placed in a crusher and the shells are winnowed out, leaving the nibs. The shells are either thrown away, as we treat them, or are sold for a trifle to

make a beverage which distantly resembles cocoa at a great cost of fuel.

The nibs are ground in large mills and immediately turn to a heavy liquid like molasses, owing to 50 % of the beans being vegetable fat. In making cocoa, this liquid is poured into hydraulic presses and a considerable part of the cocoa butter pressed out. The dry cakes of powder remaining are pulverized, bolted and packed in cans for sale.

To make chocolate, the liquid above mentioned is molded in pans without abstraction of any cocoa butter and without the addition of any flavor or sugar. These cakes are the "Premium Chocolate" used in cooking, which used to be known as "Bitter Chocolate" because of its being unsweetened.

Milk Chocolate and Vanilla Sweet Chocolate, for eating purposes, are sweetened before being molded, and in the case of Lowney's Milk Chocolate, has the richest cream from our own blooded Jersey cows added to it. The Vanilla Sweet Chocolate is sweetened and flavored with vanilla beans of the best quality, which we buy and grind ourselves.

The growth of the consumption of cocoa in its powdered form of recent years has been remarkable. It is superseding the old method of boiling for hours the cracked cocoa nibs at a great cost of fuel and with far less satisfactory results both as to flavor and as to the nutritive qualities of the cocoa.

Cocoa and chocolate differ from tea and coffee because they hold in solution one of the most nutritious foods known to man; whereas tea and coffee are simply infusions, that is to say, hot water plus the flavor, and have no nutritive value whatever except so far as they are mixed with sugar and cream.

Moreover, besides being a food, cocoa and chocolate differ from tea and coffee in giving the least possible stimulus, if any, to the nerves, and consequently are followed by the slightest, if any, reaction. Theobromin, the alkaloid which forms the essential flavor of cocoa and chocolate, although very similar chemically to the alkaloids, thein and caffein, which are the natural flavoring elements of tea and coffee, differs from them in not being an excitant to the nerves.

You should remember in using cocoa and chocolate as beverages that they are strong foods and consequently just so much less other food should be taken when cocoa is used rather than other beverages. Otherwise, a case of overeating may ensue without your knowing what the matter is.

Many persons use hot beverages for two chief purposes: *first*, to wash their food down and save themselves the trouble of thorough mastication; and *second*, to get something hot into the stomach and revive the nerves. Such persons should remember that cocoa and chocolate are like soups in their nutritive value and not to be used like water, tea, or coffee.

Cocoa or chocolate with bread would be a sufficiently nutritive diet to prolong life indefinitely. In fact one woman in Martinique lived on chocolate exclusively for many years. This was possible because it contains all of the elements necessary to sustain human life. Under these circumstances, we urge that cocoa and chocolate shall be considered and treated as foods, as well as most delicious drinks.

For those who care for a scientific analysis of the cocoa bean, we will add the approximate figures of one chemist:

Water	3%
Protein	15%
Fat	50%
Starch	13%
Other non-nitrogenous matter	11½%
Woody fiber	3%
Ash	4%

Based on such analyses as these, food experts accord to chocolate and cocoa a very high food value as producers of energy and heat. The ratio of fat and protein is so fortunately balanced to the needs of the human system that all experts agree on its being one of the most nutritious of known foods, and it is on this fact that we base our claim that it is cheap as a beverage, as well as most delicious. It has a fine delicate flavor of the tropics of which one never tires and is wholesome, strengthening, and harmless. It is especially suited to children, for whom it should be the only hot beverage provided.

SIMPLE MENUS FOR ONE WEEK

SUNDAY

Breakfast

Grape Fruit
Fish Balls
Broiled Bacon
Parker House Rolls
Coffee or Cocoa

Supper

Lobster with Mushrooms
Parker House Rolls
Italian Cream
Chocolate Walnut Cake,
(see Plate IX)
Tea or Cocoa

Dinner

Bouillon
Crisp Crackers
Roast Chicken
Italian Potatoes
Boiled Squash
Cranberry Sauce
Lettuce Salad
Vanilla Ice Cream with Chocolate Sauce (see Plate XX)
Black Coffee

MONDAY

Breakfast

Oranges
Oatmeal
Ham and Eggs
Creamed Potatoes
Rye Muffins
Coffee or Cocoa

Luncheon

Cold Sliced Chicken
Cheese Custard
Bread and Butter
Peach Preserve
Cookies

Dinner

Corn Chowder
Broiled Steak
Horse-radish Cream Dressing
Baked Potatoes
Scalloped Tomatoes
Celery Salad
Brown Betty
Coffee

TUESDAY

Breakfast

Bananas
Cream of Wheat
Broiled Halibut
French Fried Potatoes
Corn Cake
Coffee or Cocoa

Luncheon

Pea Soup
Omelet with Spanish Sauce
Graham Bread
Hot Chocolate with Whipped Cream
Sponge Drops (see p. 272)

Dinner

Vegetable Soup
Roast Lamb
Roast White Potatoes
Scalloped Onions
Currant Jelly
Apple Salad
Squash Pie
Coffee

WEDNESDAY

Breakfast

Stewed Prunes
Wheatena
Creamed Eggs
Popovers
Coffee or Cocoa

Luncheon

Vegetable Consommé
Lamb Stew
Creamed Potatoes
Hot Biscuits
Baked Vanilla Custard
Chocolate Cookies

Dinner

Ox-tail Soup
Roast Beef
Fried Parsnips
Franconia Sweet Potatoes
Lettuce Salad
Macedoine of Fruit (see p. 215)
Lady Fingers
Coffee

THURSDAY

Breakfast

Oranges
Oatmeal
Salt Fish Soufflé
Baked Potatoes
Raised Muffins
Coffee or Cocoa

Luncheon

Black Bean Purée
Cold Roast Beef
Rice Croquettes
Tapioca Pudding

Dinner

Rice Soup
Roast Goose
Apple Sauce
Baked Macaroni
Banana Fritters
Potato Balls
Lettuce Salad
Orange Water Ice
Angel Cake
Coffee

FRIDAY

Breakfast

Grape Fruit
Wheat Germ
Broiled French Chops
Lyonnaise Potatoes
Egg Muffins
Coffee or Cocoa

Luncheon

Scalloped Oysters
Kohl Slaw
Baking Powder Biscuits
Apple Compote with Rice

Dinner

Tomato Bisque
Boiled Halibut
Egg Sauce
Potatoes à la Maître d'Hotel
Peas
Cheese Salad
Chocolate Bread Pudding

SATURDAY

Breakfast

Bananas
Shredded Wheat
Fried Calf's Liver
Baked Sweet Potatoes
Rolls
Coffee or Cocoa

Luncheon

Split Pea Soup
Croûtons
Goose Salad
(See receipt for Chicken Salad)
Rolls
Wine Jelly
Sponge Drops

Dinner

Spinach Soup
Breaded Lamb Chops with
Tomato Sauce
Mashed Potatoes
Turnips in White Sauce
Chocolate Bavarian Cream
Coffee

James Eoff

Lafont Eoff

Ala.

LOWNEY'S

CREST CHOCOLATES

$1.00 a pound

These Crest Chocolates are different from the regular Lowney goods, being made of especially chosen materials for the trade that willingly pays $1.00 a pound for the best thing that can be made. The assortment of bonbons is expensive, mostly nuts and fancy centers, and the chocolate coating we believe to be the most delicious ever made for sale. We are selling more and more of these extra goods every year because people prefer to pay more and get the best.

LOWNEY'S CREST CHOCOLATES ARE A NEW EXPERIENCE

LOWNEY'S
MILK CHOCOLATE

is a delicious confection and a most nourishing food. It is made of pure chocolate, the finest cream from our own herd of blooded Jersey Cows, and pure vanilla, sweetened with the best granulated sugar, powdered in our own factory.

IT IS GOOD FOR SCHOOL LUNCHES, PICNICS AND AFTER MEALS

LOWNEY'S
BOSTON CHOCOLATE

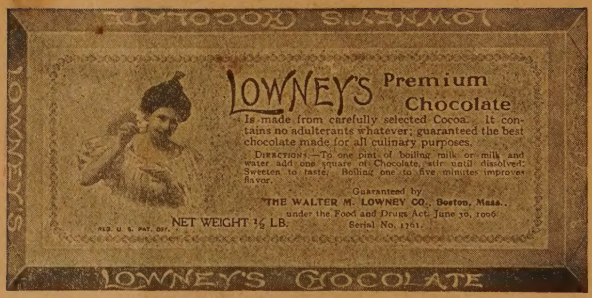
(vanilla sweet) has a very refined flavor owing to the quality of the cocoa beans and the costly vanilla beans used. It has the delicious flavor Nature intended.

THAT IS WHY THE LOWNEY PRODUCTS ARE SO DIGESTIBLE

Lowney's "Always Ready" Sweet Chocolate Powder has a rich chocolate flavor—especially when boiled five minutes—for drinking, and besides makes the simplest and best icing for cake, by simply pouring hot water over it. It is delicious as flavoring for ice cream.

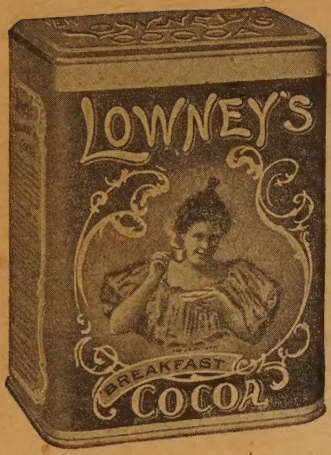
IF YOUR DEALER DOES NOT KEEP IT, ASK HIM TO GET IT FOR YOU

Bro 4 62
Sis 6 28
Sis 2 64
Light 8 00
Rent 18 00
Lunch 5 00
44.54
24 5.00
9.25
gas 2.00
11.25


LOWNEY'S Premium Chocolate
Is made from carefully selected Cocoa. It contains no adulterants whatever; guaranteed the best chocolate made for all culinary purposes.
DIRECTIONS.—To one pint of boiling milk or milk and water, add one square of Chocolate, stir until dissolved. Sweeten to taste. Boiling one to five minutes improves flavor.
Guaranteed by
THE WALTER M. LOWNEY CO., Boston, Mass.
under the Food and Drugs Act, June 30, 1906
Serial No. 1761.
NET WEIGHT ½ LB.
REG. U. S. PAT. OFF.
LOWNEY'S COCOLATE

Lowney's Premium Chocolate goes further than other cooking chocolates, because it is absolutely pure, and is made of the choicest and highest-priced cocoa beans, especially selected and blended. It is what used to be called "bitter chocolate," because it is unsweetened. It is very economical to use in cooking, because every atom of it is the choicest chocolate,—no adulteration in Lowney's.

INSIST ON HAVING LOWNEY'S PREMIUM CHOCOLATE
THE DEALER CAN GET IT EASILY IF YOU INSIST



LOWNEY'S COCOA

REG. U. S. PAT. OFF.

is made from the choicest cocoa beans — the highest priced—ground very fine, with a part of the cocoa butter pressed out to make it more digestible. Every atom of it is cocoa. It contains not one particle of adulterant, substitute, coloring matter, or chemical.

Lowney's Cocoa has a perfect natural flavor.

COCOA SHOULD BE BOILED FROM THREE TO FIVE MINUTES,
BUT THE MILK SHOULD NOT BE BOILED

KNOWLEDGE OF FOOD

is the foundation of housekeeping

Good food means health

Variety in food induces appetite and good digestion

Pure food should be insisted on. It goes further, nourishes more, and saves doctors' bills

You can eat freely of Lowney's Chocolate Bonbons because they are pure

Lowney's Cocoa is all cocoa

The Lowney Products are all wholesome as well as delicious

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